How Can I Help You?
A look into how librarians can help youth deal with mental illness

Presented by: Hope Genty
Agenda

- My personal mental health journey and how it pertains to this presentation
- Let’s discuss statistics
- What librarians can do in public libraries
- What librarians can do in academic libraries
My Personal Mental Health Journey
Let’s Discuss Statistics
Different mental illnesses and disorders

ADHD, Anxiety Disorders, Autism, Bipolar Disorder, Borderline Personality Disorder, Depression, Dissociative Disorders, Early Psychosis and Psychosis, Eating Disorders, Obsessive-compulsive Disorder, Posttraumatic Stress Disorder, Schizoaffective Disorder, Schizophrenia
20%

Percent of youth ages 13-18 live with mental health condition
Suicide is the 3rd leading cause of death in youth ages 10 - 24*

(it jumps to 2nd cause of death after age 15)
What can Librarians do in Public Libraries?
Bibliotherapy

“The use of reading materials for help in solving personal problems or for psychiatric therapy” (Merriam Webster).

-Bibliotherapy DOES NOT replace psychiatric therapy.

-Reader’s Advisory

-Teen advisory council

-#MHYALIT
# Book Displays and Reading Lists

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<th><strong>Book Displays</strong></th>
<th><strong>Reading Lists</strong></th>
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<td>-Way to showcase books otherwise overlooked by teenagers</td>
<td>-More privacy to teenagers than book displays</td>
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<td>-Can provide teens access to books in more privacy</td>
<td>-Avoiding pigeonholing books (ability to cross reference)</td>
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<td>-Seen to be effective in current libraries (see Moulton Article)</td>
<td>-More permanent than a book display</td>
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<td>-May is Mental Health Awareness Month</td>
<td>-Existing reading lists</td>
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Above: A book display “What is in that Head?” Each book has a paper head coming out of it that identifies the mental illness the book handles.

To the side: a book display called “BookMD” The bookshelf is chalk board painted and the illness that the books takes on is written below it.
Resource Lists

These are very important to helping teens find the resources that might really need while giving them privacy.

-If you are considering harm to yourself or others, please call the National Suicide prevention lifeline (1800-273-TALK(8255)) or text it (Go to 747-747).

Other Organizations:

- To Write Love On Her Arms
- The Trevor Project
Zines

- Collaborative or Individual zine techniques
- Makerspaces and/or workshops
- Giving a voice to those who tend to get silences
- Display past ones (if you got them!)
- Zine Libguide
Mental Health Training

-New Article in the ALA American Libraries Magazine “Mental Health First Aid” by Kaitlin Throgmorton
-Need for official mental health training in libraries
-Engaging one on one with youth patrons in particular
-Good customer service
What can Librarians Do in Academic libraries?
LibGuides

LibGuides are a great way to present resources on mental health for students to find.

The picture to the right is an example of this. This Libguide was created for my LIS 407 course. It is titled “How to Cope With Anxiety in College”. This is a resource guide specified to Simmons College undergraduate students.
Remember: make resources readily available, be observant to your teens, and have compassion.
You are welcome to contact me at hopecatena@gmail.com