HEALTHY HEARTS & MINDS

CCYSB YOUTH SUICIDE PREVENTION

JUNE 2025

What's Inside:

CELEBRATING PRIDE, EMBRACING YOU: MENTAL HEALTH MATTERS

June is Pride Month—a time to celebrate love, identity, and the beautiful spectrum of the LGBTQ+ community. It's a month filled with color, courage, and connection. But while Pride is a time of celebration, it can also bring up a mix of emotions—especially for LGBTQ+ youth navigating the complexities of growing up, coming out, or just figuring out who they are.

Let's talk about it.

🧠 Your Mental Health Is Important

LGBTQ+ youth are more likely to experience anxiety, depression, and thoughts of self-harm—not because of who they are, but because of the stress and discrimination they may face. That's why taking care of your mental health is just as important as waving your rainbow flag.

Whether you're out, questioning, or somewhere in between—your feelings are valid.

💬 You Deserve Safe Spaces

Everyone deserves a place where they feel seen and accepted. That might be a trusted friend, a supportive adult, a school club, or an online community that uplifts LGBTQ+ voices. If you're feeling isolated, know that you are not alone. Safe spaces exist, and they can be life-changing.

Pro tip: If you haven't found your people yet—keep looking. They're out there, and they'll be lucky to know you.

🧡 Pride Is Personal

Pride doesn't have to mean big parades or loud declarations (unless that's your thing!). It can be quietly journaling about who you are, wearing a pin that means something to you, or simply reminding yourself: I am enough.

However you choose to celebrate—or not celebrate—Pride, it's okay. Pride is about authenticity, and you get to define what that means for you.

🛟 When Things Feel Hard

If you're struggling, please reach out. Talking to a therapist, counselor, or support line can help lighten the weight you're carrying. Being LGBTQ+ is not a mental illness, but the world can sometimes make it harder to just be. Reaching out is brave, and it's a step toward healing.

🌱 A Note to You

You are worthy of love, respect, and joy—exactly as you are. Your identity is not a burden; it's a gift. This Pride Month, and every month, remember:

You are not too much. You are not alone. You are not broken. You are beautifully you.

Keep shining. The world needs your light. 🌈✨

CELEBRATE YOU: WHY YOU ARE IMPORTANT AND UNIQUE

Hey YOU! Yes, you! Have you ever taken a moment to think about what makes you special? It's so easy to get caught up in everything happening around us—school, friends, social media—and forget to pause and recognize how amazing we really are. Guess what? You are unique and important in ways that nobody else is. Seriously. There is no one else in the world quite like you, and that's something to celebrate!
In this article, we're going to remind you why you're awesome, how you bring something totally special to the world, and give you an activity to help you celebrate YOU in a big way. Ready? Let's go!

You Are One-of-a-Kind
Everyone has qualities that make them stand out. Some people are super funny, others are amazing artists, and some are just the best listeners. And guess what? You have unique qualities too. Whether it's your sense of humor, the way you can cheer up a friend, or your talent for solving problems, you bring something special to the world that no one else can.

Here are just a few reasons why YOU are amazing:

- Your personality: There's no one who is exactly like you. Your energy, your way of looking at the world, and the way you connect with others are things that make you, well… YOU!
- Your skills and talents: You have unique abilities that help you stand out—whether that's sports, drawing, dancing, writing, or something else. Your talents are what help you make your mark on the world.
- Your experiences: Everything you've gone through and learned has shaped you into the person you are today. The way you handle challenges, the kindness you show, and the lessons you've learned all make you special.

Remember, no one else in the world has the same combination of personality, experiences, and talents as you. That's something to be proud of!

ACTIVITY: "CELEBRATE YOU!" – A SELF-LOVE REFLECTION

Here's an activity to help you reflect on what makes you unique and give yourself a little self-love.
Materials Needed:

- Paper and pens, markers, or crayons (get creative!)
- A mirror (optional)
- A quiet, cozy space (if you can)

Steps:
1. Find Your Space: Take a few minutes to sit down somewhere you feel comfortable. It could be your room, outside in a quiet spot, or any place where you feel at ease.
2. Look in the Mirror (Optional): If you have a mirror nearby, take a moment to look at yourself. You don't have to judge yourself or pick apart things you don't like—just notice your face, your smile, your eyes. Take in who you are right now, and remember that YOU are enough.
3. Write Down 5 Things That Make You Unique: These can be qualities about your personality, things you're good at, or experiences that have shaped who you are. For example:

- "I'm really good at making people laugh."
- "I'm always there for my friends when they need me."
- "I'm a creative thinker and always come up with cool ideas."
- "I'm kind to animals and love to help them."
- "I'm really passionate about music/art/sports/etc."

4. Take your time with this. Don't rush. There's no right or wrong answer—just focus on the things that make you YOU.
5. Celebrate Your Strengths: Now, write or draw a little "celebration" next to each thing you wrote. It could be a star, a heart, or even a smiley face. You're celebrating these qualities about yourself because they make you awesome! You can even add a fun twist: If you love to draw, try creating a superhero version of yourself with all the things that make you strong and unique listed on your superhero costume.
6. Create a "Celebrate YOU" Poster: On a piece of paper, make a poster or a card with the words "Celebrate YOU!" Write down the five things you love most about yourself and decorate it with colors, stickers, and designs that make you happy. Hang it somewhere you can see it every day!

FEELINGS ARE LIKE WEATHER: LEARN HOW TO HANDLE THEM

Have you ever noticed how your feelings can change throughout the day? One minute you may be happy, the next you might feel mad, sad, or even anxious. It's like your emotions are weather—sometimes sunny, sometimes stormy, and sometimes a little unpredictable. Just like the weather, our feelings are constantly changing, and that's totally okay! The important thing is learning how to understand and manage them, so you can handle whatever emotional forecast comes your way.
Understand the Weather Inside You
Feelings, just like weather, come in all kinds of forms. Sometimes, it's sunny and bright—when you're feeling happy, excited, or proud. Other times, it might get cloudy or rainy—when you're sad, frustrated, or stressed. And sometimes, you might even feel like there's a full-on thunderstorm going on inside, like when you're really angry, anxious, or overwhelmed.
Here's a quick guide to the types of weather you might experience:

- Sunny Days ☀️ – Feeling happy, calm, excited, or proud.
- Cloudy Skies ☁️ – Feeling unsure, a little sad, or tired.
- Rainy Days 🌧️ – Feeling upset, stressed, or worried.
- Thunderstorms ⛈️ – Feeling angry, overwhelmed, or anxious.
- Rainbows 🌈 – Feeling grateful, calm, or hopeful after a storm.

Just like you can't control the weather, you can't always control how you feel.
Recognize What's Happening Inside You
When you're having a rough day, it's important to check the weather inside you. This means understanding what emotions you're feeling and why. If you're feeling a little cloudy or rainy, it might be because something happened at school or with your friends. If you're in a thunderstorm, maybe you're frustrated or stressed about a big test or something you're worried about.
Take a mental weather check—ask yourself:

- Am I feeling calm and happy, or am I feeling stressed, sad, or angry?
- What made me feel this way?

Recognizing your feelings is the first step in managing them. The more you practice noticing your emotions, the easier it will be to understand what's going on and why. And remember, it's okay to feel all kinds of weather! Your emotions are valid, and they don't make you weak or "bad"—they just make you human.
Use Your Tools to Handle the Weather
When the weather inside you is stormy, it's helpful to have some tools to calm things down. Just like you'd grab an umbrella or a raincoat when it's raining, there are tools you can use to manage your emotions.
Here are a few ideas to help you handle your emotional weather:
1. Take Deep Breaths. When things get stormy, sometimes all you need is to take a moment to breathe. Deep breathing can help calm your mind and body, just like the air clearing up after a storm.
How to do it:

- Inhale slowly through your nose for 4 counts.
- Hold your breath for 4 counts.
- Exhale slowly through your mouth for 4 counts.
- Repeat 3-5 times.

Breathing deeply helps slow down your heart rate and gives you a moment of calm to reset.
2. Talk About It. Sometimes, just like when it's raining, emotions need to be let out. Talking to someone you trust, like a parent, friend, or teacher, can help you feel better. Sharing your feelings can lighten the emotional "clouds" and help you understand why you feel the way you do.
3. Take a Break. When you're feeling overwhelmed or upset, it's okay to take a step back and give yourself some space to calm down. This could mean stepping away from a stressful situation, taking a walk, or just sitting quietly in a comfy spot.
4. Move Your Body. Just like a gust of wind clears the clouds away, moving your body can help you shift your mood. Physical activity releases endorphins (the "feel-good" chemicals in your brain).
Know That the Storm Will Pass. Remember, just like the weather, your feelings won't last forever. Sometimes, the storm can feel like it'll never end, but emotions are temporary, and things will calm down.

Safety Plans Work

There is hope.

1. Write 3 warning signs that a crisis may be developing.

2. Write 3 internal coping strategies that can take your mind off your problems.

3. Who/What are 3 people or places that provide distraction?
(Write name/place and phone numbers)

Phone
Phone
Phone

4. Who can you ask for help? (Write names and phone numbers)

Phone
Phone
Phone

5. Professionals or agencies you can contact during a crisis:

Clinician: Phone

Local Urgent Care or Emergency Department:
Address Phone

Call or text 988 or chat 988lifeline.org

6. Write out a plan to make your environment safer.
(Write 2 things)

988 SUICIDE & CRISIS LIFELINE

Modified from Stanley & Brown (2021)

PEP22-08-03-007

Crisis Resources

National Suicide & Crisis Lifeline:
9-8-8 (Call or Text)
Chat: https://988lifeline.org/chat

The Trevor Project
thetrevorproject.org
1-866-488-7386
text 678-678

Carroll County Mobile Crisis:
410-952-9552

To access assessment and treatment services at CCYSB call
410-848-2500 x 1
or
Walk-in Assessment Hours:
Tuesday: 8:30am-11 am & 2-5pm
Wednesday: 11:30am-2pm
(We have a limited number of assessment slots available each day. See our website for arrival and check-in details)

CARROLL COUNTY YOUTH SERVICE BUREAU
"It Starts With the Heart."

LGBTQ+ Self-Care

- Know that you are not alone.
- Learn our history and get involved in the community.
- Watch shows, movies, and read books that are inclusive.
- Take your mental health seriously.
- Follow and support other members in the community.
- Know that you don't have to be out to be valid.
- Express yourself with art, music, and words.
- Find a good support system.

@BlessingManifesting

The Governor's Office of Crime Prevention, Youth, and Victim Services, on behalf of the Children's Cabinet, funded this project under award number CCIF-2023-0005. All points of view in this document are those of the author and do not necessarily represent the official position of any State or Federal agency

🧠 MENTAL HEALTH & PRIDE WORD SEARCH

R Y Y Y P G S H K J N D M Y P A R E H T C C Y S B
G E I T X U U W S Q H K F P R M D T H B R Q Y Y L
H M S N E I U J G L B B J J G V H K W F A R N L G
S K Y I P I M P A Z W L G B T Q O V F O E L P S T
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H A S D Q I S N G R Z D V L O M G Y H S F Y Y D N
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ACCEPTANCE
ANXIETY
BRAVE
CCYSB
COMMUNITY
FRIEND
GENDER
IDENTITY
INCLUSIVE
LGBTQ
LOVE
LOVEYOURSELF
PRIDE
RESILIENCE
SAFE
SUPPORT
THERAPY
YOUMATTER