

2021 Mental/Brain Health/Family Resources

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- **MESQUITE RESIDENTS - FREE Mental Health Services (individual, family or group counseling)**
 - Call 833-298-9111 to set up appointment
- **Multicultural Recovery Center in MESQUITE**
(<https://www.multiculturalrecoverycenter.com>)
 - Bilingual staff provide mental health counseling and medication monitoring
- **On-line Screening Tool for Depression (mentioned during presentation)**
 - https://screening.mhanational.org/screening-tools/depression/#gf_1
 - Free tool can be used for each family member. Talk about the results. Talk about how you feel and let each other know it is OK to talk about feelings and mental health (which is brain health which is physical health). Your child's brain is still developing through age 25. Your school counselor is available to talk if you or someone in your family has had a change in behavior, things they say or mood that is different than usual, especially for a couple of weeks.
- **If you or a family member is in crisis or need to talk with someone right away, contact**
 - **National Suicide Prevention Hotline (Available 24/7)**
 - 1-800-273-TALK (8255)
 - Text TALK to 741741
 - www.suicidepreventionlifeline.org
- **National Institute of Mental Health** www.nimh.nih.gov
 - Teen Depression (information and links to other resources)
<https://www.nimh.nih.gov/health/publications/teen-depression/index.shtml>
- **American Foundation for Suicide Prevention (AFSP)** www.AFSP.org
 - Educates the public about mental health and suicide prevention
 - Multiple education programs and videos available on website for all ages
 - "More than Sad" video about depression for students and families
- **National Alliance of Mental Illness (NAMI)** www.NamiNorthTexas.org
 - Offers Peer led support groups for individuals and families - No cost to attend
 - Other programs available at no cost
 - "NAMI Basics" for Parents and Caregivers of a school aged child
 - "Ending the Silence" programs for middle and high school students and parents
- **UT Dallas Center for BrainHealth and Brain Performance Institute**
<https://brainhealth.utdallas.edu>
 - Multiple brain health programs for all ages. <https://brainhealth.utdallas.edu/programs/>
 - BrainHealth Project for ages 10-100. Sign up to participate for free. Train your brain!
 - <https://brainhealth.utdallas.edu/the-brainhealth-project/>
- **Five Ways to Train Your Brain** <https://www.realsimple.com/health/mind-mood/memory/brain-fitness>

MESQUITE FAMILY RESOURCES (See www.cityofmesquite.com website for more details)

- Mesquite Public Library offers DVD movies and check out of digital books
- Mesquite Arts Center (www.mesquiteartscenter.org) Free art projects for kids
- Mesquite Community Education offers classes for families on multiple topics
<https://www.communityedclasses.org/>

Ideas: Connect to Families/Friends, Exercise our Brains, Self-Care

- Practice good self-care related to sleep, diet, exercise, stress reduction, social interaction
- Start a Gratitude Journal. Write down something to be grateful for each day...even simple things.
- Playing card games or dominoes.... The things you used to play before cell phones were available..... (Be aware your child may beat you!). Google versions of the games to play.
- Playing or making up other games. If you don't have any board games, make up word games (i.e. name animals or some other grouping using each letter of the alphabet), play charades or look for games to play together on your phones or mobile devices. You can also make your own checkerboard and checkers using homemade playdoh.
- If your child has a book reading assignment, read the same book and talk about it with them or choose a favorite book for both of you to read.
- Let your kids be in charge for a day or afternoon where they choose the family activities.
- Use a free Zoom account
 - to record yourselves as a family reading a story and then share it with a friend or relative. Maybe even post it on Facebook if you feel comfortable in doing this
 - to connect with family or friends for a "Zoom-cation" which is what I call using virtual background pictures behind you of where you might want to go on vacation. You can even take a picture of you in front of the background or "capture the screen" for vacation pictures. Read about the place you want to visit and cook a dish together from that area.
 - to regularly connect with family and friends for a "Zoom" lunch or meal. Set up your phone or mobile device at a spot at the table and virtually have a meal together. Can also use Facetime.
 - to share your screen to watch a movie or TV show with family and/or friends. If you connect to more than one person using a free account, you may need to take a "movie break" and restart your session since there is a time limit when connecting to more than one person.
- Working jigsaw puzzles together
- Organizing and labeling family pictures while telling story behind each picture. Good way to connect between kids, parents and grandparents
- Connecting over music and dancing. Learn a new or old dance together and maybe record yourselves as a family. Make up new words to a song using an existing tune. Record yourselves singing.
- Have a family entertainment night with talent show or acting in a play or with puppets. Puppets can be flat pictures of characters on a stick with a square cut out from a box as the stage. Decorate the stage and use a towel or sheet or old piece of clothing as a curtain.
- Cooking together
- Crafting or other artistic activities. Get ideas from the Mesquite Arts Center or Read Play Talk Storytime Crafting time.
- Teaching how to fix things
- Learning or trying something new together
- Making and sending cards
 - for family or friends you haven't seen in a while
 - for patients in the hospital
 - for people who have retired and don't have family nearby
 - for our healthcare workers and first responders
 - Valentine's Day, Easter, Mother's and Father's Day, Get well, Thinking of you
 - If you would like to mail cards and don't have stamps or make them for hospital patients, etc, please let Ms. Buerck know and we can make those available.
- Make Get Well posters to place at Dallas Regional Medical Center. The Administrator has shared that she would welcome get well, encouragement and appreciation posters from you all!