



Mental Health Matters

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Mental Health Resources



Mental health is more important than ever, but sometimes finding trusted information is difficult. We have recently launched an updated resource center called 'Newsroom' with hundreds of articles and videos on a wide variety of topics by our experts and vetted mental health resources to support your family's mental health, relationships, and well-

being.

With 'Mental Health Matters', our aim is to keep you informed about mental health through stories, interviews, helpful materials and more, by sharing the best content from our Newsroom to your inbox.

[View Mental Health Resources](#)

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Mental Health Awareness Topics On eightWest



Jean Holthaus, LMSW, LISW is talking to WOOD's Rachel Ruiz about various mental health topics during Mental Health Awareness Month, including:

- Tips for setting personal boundaries
- The importance of talking about suicide
- Strategies for changing our habits
- Mental health in the workplace
- Healthy body image

[Watch All Aired 'Daily Two' Segments](#)

A Deeper Look Into Borderline Personality Disorder

A photograph of a woman with long dark hair, wearing a white shirt and blue jeans, sitting on the floor with her hands covering her face in a gesture of distress or despair. The background is a plain, light-colored wall.

A Deeper Look into Borderline Personality Disorder

Borderline Personality Disorder (BPD) is a complex mental illness that is met with widespread misunderstanding. Due to the distinctive nature and high intensity of symptoms associated with the diagnosis, those who suffer with BPD are often stigmatized and judged even within medical and mental health settings.

Dialectical Behavior Therapy (DBT) is considered the gold standard of treatment for those diagnosed with BPD. Pine Rest is home to three fantastic DBT teams. The teams at the Northwest Clinic (located in Walker) and the Traverse City Clinic serve both adolescents and adults. The Caledonia Clinic team provides an adult program.

[Learn More About BPD](#)

[Treatment For BPD](#)

Tips For Talking To Kids About Tragedy



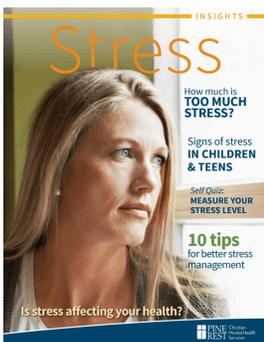
As much as adults may try to avoid difficult topics, children often learn or know when something sad or scary happens. So, be the first to bring up the difficult topic. The conversation may not seem easy, but taking a proactive stance, discussing difficult events in age-appropriate language can help a child feel safer and more secure.

You yourself may be struggling, as talking about and experiencing difficult news and tragedies can be exhausting. Don't forget to take care of yourself.

How To Talk To Kids About Difficult News

Managing Your Distress In The Aftermath Of A Shooting

Stress Insights Magazine



Our *Stress Insights* magazine delves into what stress is, who is affected, warning signs, how it affects children and teens, a stress quiz, tips for stress management, and more. The magazine is available online and a free printed version can be ordered through our website along with our other publications.

[Read Online Or Download PDF](#)

Upcoming Support Groups & Community Classes



Family & Friends of Aging Adults Support Group

Cost: FREE

Our monthly support group for Families & Friends of Aging Adults is designed specifically for those who are caregivers to older adults, and provides an opportunity to gather information, gain answers and grow. [Learn More.](#)



Family Recovery Group

Cost: FREE to family members who have a loved one participating in detox or intensive outpatient services at the Pine Rest Retreat Clinic. Otherwise, sessions are open to the public for a fee of \$15/session.

Participants will learn about addiction, co-dependency, trust, enabling and communication. [Learn More.](#)

Complete List of Available Support Groups & Classes