

# MENTAL HEALTH MATTERS

## Teens & Social Media



Social media use by young people is nearly universal, with up to 95% of young people ages 13-17 using a social media platform, and more than a third saying they use social media “almost constantly.” As parents, we wonder if our kids are safe and how we can protect them. Dr. Heide Rollings, child and adolescent psychiatrist recently appeared on eightWest's *Ask the Expert* segment to discuss if and when our kids may be at risk and what we can do to protect them.

Pine Rest has also built an online resource site to help connect and support parents, teens and clinicians with quality information, tips and ideas, and will continue to expand this resource.

[Watch: Dr. Rollings on eightWest](#)

[Youth & Social Media Resource Site](#)

## The Different Faces of Depression



Depression is one of the most common health conditions, with over 300 million experiencing depression worldwide. It affects people of all ages, ethnicity, race, gender and income levels. Although there are common symptoms, depression can look very different depending on age and other factors. Learning to recognize depression symptoms is an important first step toward finding help when you or someone you care about is struggling.

[Learn More](#)

[Understanding Depression: Brochure & Resources](#)

## Supporting a Family Member with a Serious Mental Illness



Being diagnosed with a serious mental illness can be a shock — both for the person diagnosed and for their family and friends. Acceptance can take time and is often accompanied by a flurry of emotions for everyone involved. But family members and loved ones can be an invaluable resource in so many ways for individuals dealing with serious mental illnesses.

[How to Support a Family Member with Mental Illness](#)

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## Sober Tailgating



Successfully navigating through events traditionally associated with drinking requires planning to prevent relapse. The more safeguards you put in place, the more time you will have to distract, delay, and divert yourself from using. We've gathered some ideas that can help you stay sober during tailgating season or at any social gathering where alcohol will be part of the celebration.

#### Tips & Techniques for Staying Sober

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## Family & Friends of Aging Adults: Support Group



Our free-to-attend monthly support group for Family & 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. New members are welcome to join at any time and questions are encouraged!

Today, **October 17, 7 p.m. at Thornapple Evangelical Covenant Church, our guest speaker Jean Holthaus, LMSW, will talk about “Managing Worry and Anxiety”**. Jean currently serves as Manager of the Telehealth Clinic, Director of the EAP and is also a Pine Rest Outpatient Regional Director. She is trained in cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), interpersonal therapy, and narrative therapy, so don't miss this chance to learn from her expert mental health tips!

[More About This Free Support Group](#)

[Dementia Insights for the Family](#)

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## Upcoming Support Groups & Community Classes



### **WEEKLY: Recovery Alumni Support Group**

Cost: No Charge

The goal is to build stronger connections between individuals in recovery who have participated in, or who are participating in, services at Pine Rest. [Learn More.](#)



### **WEEKLY: Adolescent Healthy Living Group**

Cost: \$60 per session (covered by most insurances)

This is a recurring 12-week program offered through Pine Rest designed to meet the needs of teens 13 years and older who are struggling with depression, anxiety or mood regulation problems. [Learn More.](#)

[Complete List Of Available Groups & Classes](#)

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Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you'll invite your friends and family to [sign up today!](#)

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