Young Adult Mental Health

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2020 is a doozy

- Grief and Loss
- Uncertain Future
- Lack of Independence
- News Inundation
- Social Media
- Unemployment
- School Disruption
- Health Concerns
- Social and Political Unrest
- Isolation
- Mental Health and Substance Use
What youth are saying:

"Doing all this senior year stuff from home is hard. I'm even doubting going to college at all because if it's like online high school it won't be worth it. I'm disappointed that prom and spring graduation are canceled. I told my family I wouldn't want them to go to my graduation anyway because I don't want to risk them getting coronavirus."
- High School Student

"I feel so shut-in. They kick us out of the shelter in the morning, and we have no place to go. There is no place that is open to us right now."
- Youth experiencing homelessness

"I really lack motivation. Online school feels like a waste of my time because I'm really not learning anything – it's so much easier to slack off on the work and look up stuff online. I'm disappointed and ashamed that I can't focus. I was so excited to start college and now I don't even know what to think."
- College Student
How can adults and service providers help?

• Be authentic and validating – Yes, this IS hard
• Don't try to "fix" overwhelmed emotions. Ask, "What are you needing?" or "How can I support?"
• Be flexible
• Leverage positive connections and technology (Facetime, phone calls)
• Encourage self-care and taking breaks (from the news/social media)
• Modeling good coping and self-care (oxygen mask)
How can adults and service providers help?

• Small, manageable goals
• Give permission to not operate on all cylinders
• Instill hope, humor, and focus on gratitude
• Maintaining or re-creating routines and spaces
• Link to supports and services (www.coloradocrisisservices.org, therapy services)
• Don't assume your young person is doing well if they don't appear to be struggling. Check in regularly.
Youth are resilient and adaptable!

"Being back in school in person, even one day a week, is absolutely frickin' amazing. I feel happy and motivated and I look forward to seeing what all I can learn!"

"I don't have to be 100%, I just need to do what I can to make it through each day."

"I can go to more groups this way [virtually]."

"I wish I could see people in person for groups, but this is a good alternative."

"I feel like this is so much easier to attend therapy this way. I don't have to try to find parking and deal with traffic. I actually like this better."

"I think all these groups are really good for what we have. I'm definitely missing you guys in person, but I think it's good we can do this instead."
Stay in touch!

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