

Mental Health: Affordable Resources & Things You Can Do at Home

Spina Bifida Association of North Texas Education Day

Ashley Wilkerson, Psy.D., Postdoctoral Fellow

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True or False?

- Mental health challenges mean weakness
- Therapy is only for severe problems
- Therapy is expensive
- If I ignore it, it will go away on its own
- Everyone can benefit from therapy

Why Mental Health Matters

- Everyone has mental health — just like everyone has physical health.
- Mental health is fundamental to emotional, social, and psychological well-being.
- Our mental health influences how we handle stress, relate to others, and make decisions.
- Everyone experiences stress, sadness, or worry — but persistent symptoms may need support.
- Good mental health improves relationships, work/school performance, and quality of life.
- Parental mental health and well-being impact children mental health and well being
- Strong mental health supports strong families.

Common Mental Health Concerns in Caregivers and Families

- Stress & burnout
 - Work demands
 - Family responsibilities
 - Financial Stress
 - Caregiving
 - School challenges
 - Health Concerns
- Supporting a child with complex medical needs
 - High stress and emotional load
 - Ongoing uncertainty
 - Balancing daily life with medical demands

Common Mental Health Concerns in Caregivers and Families

- Anxiety
 - Feeling nervous, worried, or on edge
 - Feeling overwhelmed
 - Irritability
 - Trouble relaxing
 - Constant “what if” thoughts
 - Racing heart
 - Upset stomach or nausea
 - Headaches
 - Muscle tension
 - Trouble sleeping
 - Fatigue
 - Racing thoughts
 - Trouble concentrating
 - Avoidance

Common Mental Health Concerns in Caregivers and Families

- Depression
 - Feeling sad, empty, or hopeless
 - Crying more than usual
 - Feeling numb or disconnected
 - Irritability or frustration
 - Feeling guilty or worthless
 - Low energy or constant fatigue
 - Sleeping too much or not enough
 - Appetite changes (eating more or less)
 - Trouble concentrating
 - Losing interest in hobbies or activities
 - Withdrawing from friends or family
 - Missing work or school
 - Neglecting responsibilities

At-Home Mental Health Supports: Daily Habits

- Routines
- Sleep
- Movement
- Nutrition
- Take breaks
- Seek out support via family members, friends, other caregivers

Emotional Skills at Home

- Name emotions
- Encourage communication
- Acknowledge and validate feelings
- Monitor mood and behavior changes
- Daily mental health check-ins
- Coping Skills
 - Deep Breathing
 - Muscle Relaxation
 - Mindfulness
 - Guided imagery
- Build a coping toolbox

Five Finger Breathing



Mindfulness

- Mindfulness



When to Seek Extra Support

- Symptoms lasting weeks
- Interference with school, work, or relationships
- Big changes in mood or behavior
- Sleep or appetite changes
- Safety concerns
- There are things that you want to work on
- Self-help strategies aren't helping

Mental Health Support

- Education
- Self-Help
- Support Groups
- Social Work
- Child Life
- Individual Therapy
- Hospital based psychology support

Affordable Mental Health Resources in Dallas

- Sliding-scale counseling
- Employee Assistance Programs
- Community mental health clinics
- Dallas Psychological Association
 - UT Southwestern Psychotherapy Clinic
 - University of North Texas Psychology Clinic
 - Southern Methodist University Psychology Clinic
- Jewish Family Service of Greater Dallas (regardless of faith or background)
- North Texas Behavioral Health Authority - Call or text (214) 366-9047
- Mental Health America of Greater Dallas
- Momentous Institute
- Metrocare Services
- HeadFirst Mental Health Initiative
- FindHelp Dallas County
- Here for Texas Mental Health Navigation Line – Call or text (972)-525-8181

Finding Therapy Through Insurance, Work Benefits, or School

- Call your insurance company
- Use [psychologytoday.com](https://www.psychologytoday.com)
- Check employer or EAP Benefits
- Reach out to your school counselors
- Reach out to your primary care provider (PCP)

Virtual Resources: Websites & Apps

- NAMI Online Groups
- Mental Health America Online Community
- 7 Cups
- MindShift CBT
- Wysa
- PTSD Coach and Mindfulness Coach
- Talkspace
- ADAA Communities
- TWLOHA Find Help
- HelpGuide.org
- Kids Mental Health Foundation
- Mind Remake Project
- CredibleMind

Crisis & Immediate Help

- Call or text 988
- Call 211 Texas
- Call 911 in emergencies
- (866) 260-8000 - North Texas Behavioral Health Authority Crisis Hotline
- (833)-286-3960 – NTBHA Warm Line for non-crisis support; when you need someone to talk to

Questions

- What questions do you all have?

Thank You

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Ashley.Wilkerson@tsrh.org



scottishriteforchildren.org



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