

Dr. Strelitz also recommends having breaks from screen time. “Staring at a screen for a prolonged period of time without a break is not good for mental health,” she said. Encouraging your teen to take a break and walk around or go outside if the weather is nice is important.

“Sleep hygiene is another thing that is important for kids’ mental health,” Dr. Strelitz said. So making sure your teen is receiving adequate sleep despite not having to get up everyday to physically go to a school setting is important.

Here are some clues that a teen may be dealing with a more serious issue:

- Being more irritable or easily annoyed than usual
- Lashing out
- Avoiding their friends
- Sleeping too much or not sleeping enough
- Overeating or not eating enough
- Not enjoying things they usually like

These are all potential signs of depression. If you notice these signs, it's encouraged to speak to your child's pediatrician. He/she can help you and your child find ways to manage and cope with depression. It's important to note that these feelings are COMMON and getting help is crucial.

Here are some resources for teens and young adults:

Support for Teens and Young Adults

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/young-adults.html>

Local Resources:

Angela Atkins, School Social Worker
Email: aatkins@mhslive.net
Phone Number: 828.385.1068

Alexandra Yelton, School Social Worker
Email: ayelton@mhslive.net
Phone Number: 828.766.3400

Matt Hollifield, School Counselor
Email: mhollifield@mhslive.net

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Phone Number: 828.766.3340

Grant Sparks, School Counselor
Email: gsparks@mhslive.net
Phone Number: 828.766.3400

Crystal Robinson, School Counselor
Email: crobinson@mhslive.net
Phone Number: 828.766.3370

Cassidy Greene, School Counselor
Email: cgreen@mhslive.net
Phone Number: 828.766.9562

RHA-Mobile Crisis Management Services
Phone Number: 1.888.573.1006
On-site crisis management for mental health emergencies. Support for family members.
Available 24/7

Mitchell County Department of Social Services
347 Long View Drive, Bakersville, NC 28777
Phone Number: 828.688.2175
Emergency Assistance, Children's Services, Medical Assistance and Food Stamps

Mitchell County Transportation Authority
73 Crimson Laurel Circle Bakersville, NC 28705
www.mitchellcounty.org
Phone Number: 828.688.4715
County Transportation Program

Mountain Community Health Partnership Bakersville Community Medical Clinic
86 N. Mitchell Avenue, Bakersville, NC 28705
www.bakersvilleclinic.org
Phone Number: 828.688.2104
Child/Adolescent Behavioral Health
Phone Number: 828.260.9928
Health Care Services
Behavioral Health

RHA Behavioral Health
129 Skyview Circle, Spruce Pine, NC 28777
Phone Number: 828.765.0894
Counseling Services, Crisis Intervention

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MY Health-e-Schools
120 Oak Ave, Spruce Pine, NC 28777

Phone Number: 828.467.8815
www.crhu.org/MY-Health-e-Schools/
Tele-Medicine

A Caring Alternative
361 N. Main Street, Marion, NC 28752
Phone Number: 828.652.5444
Counseling Services

Appalachian Counseling and Psychological Services
205 Locust Street, Spruce Pine, NC 28777
Phone Number: 828.575.9760
Counseling Services

Spruce Pine Counseling
962 Oak Avenue, Spruce Pine, NC 28777
Phone Number: 828.467.0037
Counseling Services

Toe River Child Advocacy Center
49 Rock Wall Lane, Burnsville, NC 28714
Phone Number: 828.675.1508
www.southmoutain.org
Counseling Services