

NAMI DUPAGE YOUTH SERVICES

September 2026 Newsletter

Did you know...

September is Suicide Prevention Month? This month is a time to raise more awareness, spread hope, and spark meaningful conversations and actions toward suicide prevention. Suicide is still stigmatized in our communities and met with shame and silence. *Talking about suicide is not harmful.* Be an advocate by using #SuicidePreventionMonth on your socials and share credible mental health resources with others.



Building Your Coping Skills Toolbox

This toolbox can be used whenever you are feeling overwhelmed or stressed. It can be a mixture of physical items or taking deep breaths.

Here are some ideas:

Watch a funny video

Snuggle with a pet

Reorganize your room

Repeat positive affirmations

Play with fidgets

Carry a photo of a nice memory

Make a playlist of your favorite songs

Go on a walk

Take a nap

Cry it out

Scream as loud as you can



Venting

Venting is not the same as asking for help. It is an opportunity to share your feelings out loud with someone you trust and talk about what is upsetting you. Venting is a response to stress. Talking to someone can release the feel-good chemical oxytocin, which helps decrease the stress hormone cortisol.

Active listening is a big part of venting, and speaking with a good listener helps process thoughts.

Venting can cross over into rumination, which is addressing the same issue over and over again without reaching a solution to the problem and can leave you stuck in the past, dwelling and obsessing over what happened instead of what can come next.

Ways to Manage Emotions

1. Name the emotion
2. Validate the emotion
3. Identify triggers
4. Mindfulness moments
5. Talk through emotions
6. Journal or draw
7. Take a break
8. Prioritize sleep
9. Therapy or group therapy
10. Deep breaths



MENTAL HEALTHIEST



NO fee
required

Teen Connections

In-person group for 8th–12th grade students
every 2nd & 4th Thursday night from 7–8:30 pm

Confidential & safe space
Snacks provided

FOR MORE INFORMATION CONTACT:

Director of Youth Services
Leigh Nelson
l.nelson@namidupage.org

open &
affirming



 **NAMI DuPage**
National Alliance on Mental Illness

 117 N County Farm Rd., Wheaton, IL



NAMI Teen and Young Adult HelpLine

Information, Resources, Support
Monday-Friday, 9 a.m. – 9 p.m.

Call: 800-950-NAMI (6264)

Text: “Friend” to 62640

Webchat: nami.org/help

Email: helpline@nami.org

 **NAMI DuPage**
National Alliance on Mental Illness
ON CAMPUS

NAMI On Campus Clubs

Student-led mental health clubs that provide activities,
presentations, and conversations surrounding mental
health

Want to join a NOC club or start one at your high school?

Contact NAMI DuPage’s Youth and Young Adult
Engagement Coordinator:

Halle Gensler - h.gensler@namidupage.org



The Silence that Binds Us by Joanna Ho

Maybelline Chen isn’t the Chinese Taiwanese American daughter her mother expects her to be. Her beloved brother, on the other hand, has just been admitted to Princeton. But he secretly struggles with depression, and when he dies by suicide, May’s world is shattered.

In the aftermath, racist accusations are hurled against May’s parents for putting too much “pressure” on him. May’s father tells her to keep her head down. Instead, May challenges these ugly stereotypes through her writing.

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