

# #mhodss

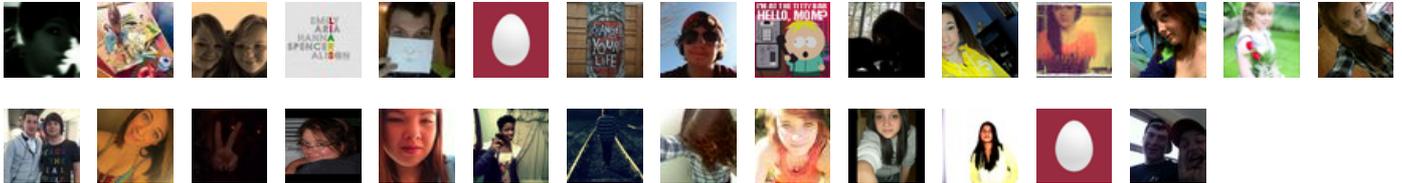
## Mental Health forum at ODSS

Teens, teachers and experts on mental health discuss common issues

## Trending Words

rt, you're, mental, i'm, health, @rawbinblakely, feel, great, love, thank, @reese\_simpson97, out, people, through, someone

## Event Participants





#mhodss if people still visit this I know many people who binge and cut and bed healthier methods of coping

08-May-12 18:45 | totalnerdgirl



@MorganPlaczek What were the highlights for you? #mhodss

08-May-12 15:21 | ODSSlibrary



#mhodss great conference!

08-May-12 15:19 | MorganPlaczek



#mhodss is going amazing!!

08-May-12 15:19 | asfaawbffe123



Some people may not realize it but there is always a friend that will be perfectly glad to listen to their issues.  
#mhodss

08-May-12 15:09 | DaimienM



RT @copesolutions: #mhodss Youth Help Line 1 (888) 821-3760

08-May-12 15:05 | ODSSlibrary



@jarou8899 Great ideas. #mhodss

08-May-12 15:05 | ODSSlibrary



#mhodss for anyone that needs a way to release anger or unhappiness do something you love for me I run and listen to music to relax :)

08-May-12 14:57 | jarou8899



#mhodss Youth Help Line 1 (888) 821-3760

08-May-12 14:56 | copesolutions



#mhodss what is cope class

08-May-12 14:55 | totalnerdgirl



#mhodss staying positive when I just look back at the times I have had and all the friends that have supported me through everything I think

08-May-12 14:54 | Reese\_Simpson97



May is Mental Health Awareness month. Keep the chatter going.... #mhodss

08-May-12 14:53 | ODSSlibrary



@tweetonthewall is so cool! We're trying it at for #mhodss

08-May-12 14:52 | ODSSlibrary



#mhodss thank you

08-May-12 14:49 | Reese\_Simpson97



@Reese\_Simpson97 Don't we all deserve a second chance? I wish the world had more people as generous in their spirit as you. #mhodss

08-May-12 14:48 | ODSSlibrary



#mhodss Someone just asked me to ask about outwardly violent thoughts. Like, wanting to hurt people, but being afraid of the thoughts.

08-May-12 14:44 | QuestionZ13



What if you're just at your limits and talking to someone about your problems just doesn't seem like the right thing to do #mhodss

08-May-12 14:44 | DaimienM



#mhodss I have helped him through it but I kept a positive attitude and that's what helped me get through it

08-May-12 14:44 | Reese\_Simpson97



@totalnerdgirl Art! Expression! Exercise! (tweeting?) #mhodss

08-May-12 14:43 | ODSSlibrary



#mhodss what other coping mechanisms are there other than cutting or eating

08-May-12 14:42 | totalnerdgirl



@Gracek152 #mhodss I'm no expert, but I express that...thru writing, etc. Do you have an outlet?

08-May-12 14:42 | ODSSlibrary



RT @Gracek152: #mhodss How do you cope with self-insulting thoughts?

08-May-12 14:42 | ODSSlibrary



@Reese\_Simpson97 Heavy! It's so hard when parents lean on children. Hang in there. #mhodss

08-May-12 14:42 | ODSSlibrary



#mhodss How do you cope with self-insulting thoughts?

08-May-12 14:41 | Gracek152



#mhodss I hve dealt with my real dad going through suicide depression

08-May-12 14:41 | Reese\_Simpson97



@copesolutions says Have 5 people who you can go to so that you're not leaning on any 1 person too much #mhodss

08-May-12 14:40 | ODSSlibrary



RT @totalnerdgirl: #mhodss text questions you want to be anonymous to 5192171601 ill tweet them

08-May-12 14:38 | ODSSlibrary



@DaimienM That's a problem for everyone....how do you handle someone else's stress, when you're already at your stress limit? #mhodss

08-May-12 14:36 | ODSSlibrary



How can you find help with dealing with someone who has committed suicide or thinking of suicide? #mhodss

08-May-12 14:34 | DaimienM



@totalnerdgirl Great offer! #mhodss

08-May-12 14:33 | ODSSlibrary



#mhodss what if some one you know won't admit that something is wrong? How do you get them to talk to you and get help?

08-May-12 14:08 | KarlyRas



#mhodss my doctor basically gave me a private infomercial about how.great anti depressants are. X(

08-May-12 14:08 | totalnerdgirl



#mhodss I have slowed down my video game sessions everyday and i feel like i dont need video games anymore and yes I do have a wii

08-May-12 14:07 | Reese\_Simpson97



@reese\_simpson97 good luck with that #mhodss

08-May-12 14:06 | LisaaMarieAllen



#mhodss What if everyone you talk to wants you to be medicated? And you're scared, but think it's your last resort?

08-May-12 14:06 | QuestionZ13



#mhodss impressed by the amount of honesty in the room! Hoping for the best for everyone that has to deal with a mental health issue

08-May-12 14:05 | jarou8899



@Reese\_Simpson97 Don't get crazy! Block out some time for unplugging (...and if you do give away games, got any Wii?) #mhodss

08-May-12 14:03 | ODSSlibrary



#mhodss vvv agreed vvv

08-May-12 14:03 | totalnerdgirl



RT @DaimienM: What if you're addicted to something ( self harm, cigarettes, ect.) but you're too scared to tell someone? #mhodss

08-May-12 14:01 | ODSSlibrary



#mhodss When I get home I'm gonna give away my video games and get more active outside

08-May-12 14:00 | Reese\_Simpson97



What if you're addicted to something ( self harm, cigarettes, ect.) but you're too scared to tell someone? #mhodss

08-May-12 14:00 | DaimienM



#mhodss Listening to the experts speak about addiction, I realize that I'm addicted to caffeine for pain management. #shocker!

08-May-12 13:59 | ODSSlibrary



"@justinwaddell\_: So jelly I can't be in the @ODSSlibrary talking about #mhodss" Our 1st out of the bldg tweet!

08-May-12 13:58 | ODSSlibrary



#mhodss learning sooooo muuuuucch.

08-May-12 13:53 | KarleighAnneXoX



So jelly I can't be in the @ODSSlibrary talking about #mhodss

08-May-12 13:50 | justinwaddell\_



RT @s\_rileyrobinson: #MHODSS Robyn your speech was incredible (: you're a strong person <3 hang in there buddie !

08-May-12 13:35 | Jessicalrons17



RT @totalnerdgirl: #mhodss love you robin

08-May-12 13:35 | Jessicalrons17



RT @ODSSlibrary: @RawbinBlakely Loved your creative writing of finding your strength. Thank you for your courage. #mhodss

08-May-12 13:35 | DaimienM



#mhodss love you robin

08-May-12 13:31 | totalnerdgirl



#mhodss Robin, that was amazing:)

08-May-12 13:31 | copesolutions



#MHODSS Robyn your speech was incredible (: you're a strong person <3 hang in there buddie !

08-May-12 13:30 | s\_rileyrobinson



#mhodss Robin! I love you so much and you ROCKED <3 Stay strong, beautiful.

08-May-12 13:30 | QuestionZ13



@RawbinBlakely Loved your creative writing of finding your strength. Thank you for your courage. #mhodss

08-May-12 13:29 | ODSSlibrary



Such a heart wrenching morning... Love you guys do much! Thank you so much for coming and telling your stories <3 #mhodss

08-May-12 13:28 | DaimienM



#mhodss Question: What does it feel like when you're getting out of control? I like the rush before I slip over the edge but I lack balance.

08-May-12 13:27 | ODSSlibrary



#mhodss Shannon, you rock!

08-May-12 13:27 | copesolutions



#mhodss Great job Hailey !

08-May-12 13:25 | copesolutions



@ZoeyPollardGunn @RawbinBlakely Awwwww! #mhodss

08-May-12 13:25 | ODSSlibrary



#mhodss Just sending this out there. @RawbinBlakely I hope you have fun today! You looked amazing up there.

08-May-12 13:24 | ZoeyPollardGunn



#mhodss Great start! Hailey Harrigan from Shed the Light says she's a constant 9 out of 10 in anxiety. What's your normal vibration?

08-May-12 13:24 | ODSSlibrary



RT @s\_rileyrobinson: #MHODSS Presentation w/ Jodi, Jessica, Jennifer, Navi

08-May-12 13:18 | Jessicalrons17



#mhodss no but seriously shed the light is fabulous and inspiring

08-May-12 13:17 | totalnerdgirl



@ODSSlibrary Because the lovely @RawbinBlakely and my megs asked me to come! ^\_^ #mhodss

08-May-12 13:16 | DaimienM



#MHODSS Presentation w/ Jodi, Jessica, Jennifer, Navi

08-May-12 13:16 | s\_rileyrobinson



#mhodss Happy Mental Health Month!

08-May-12 13:15 | copesolutions



#mhodss because Kathryn Hastings loves god and his lively creations such as my self

08-May-12 13:14 | totalnerdgirl



1st question of the day: Why are you here today? Someone you know? Yourself? What's your interest? #mhodss

08-May-12 13:12 | ODSSlibrary



At the #mhodss

08-May-12 13:12 | NikkiBrads



Come and join! #mhodss

08-May-12 13:07 | DaimienM



The library is filled with students discovering more about Mental Health. Join the conversation at #mhodss

08-May-12 13:06 | ODSSlibrary



#mhodss im here right now!!!!!!!jjjj

08-May-12 12:54 | totalnerdgirl



#mhodss hope it goes good!!!

08-May-12 12:50 | asfaawbffe123



#mhodss can't wait until tomorrow!

08-May-12 00:49 | MorganPlaczek



Second Life for Teen Depression #mhodss <http://t.co/kMYFh4zF>

07-May-12 20:14 | copesolutions



Just heard about #MHOdss

03-May-12 15:10 | clumsybunii



#mhdoss i'm so glad that we have a mh conference. Whoo! i don't feel alone!

02-May-12 14:27 | AsiianOniix



#mhdoss Watch for organisers wearing these t-shirts to support mental health! <http://t.co/galcm040>

02-May-12 14:19 | banana29



@cassandracolli5 #mhdoss here's your new profile pic <http://t.co/NbbooYz5>

02-May-12 14:17 | banana29



#mhdoss, Mental Health Conference next Tuesday! Everyone join us!

02-May-12 14:15 | CassandraColli5



#mhdoss

02-May-12 14:15 | copesolutions



@emilywelsh357 #mhdoss what's up with that? Where is the hope?

02-May-12 14:12 | banana29



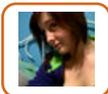
#mhdoss" 8 out of 10 students think about suicide before graduation "

02-May-12 14:09 | emilywelsh357



#mhdoss interested to learn some new stuff on Tuesday

02-May-12 13:57 | AdamStewart08



@banana29 #mhdoss ask if they want to talk about what's going on

02-May-12 13:51 | KarlyRas



#mhdoss What should I do if I suspect a friend is harming themselves?

02-May-12 13:48 | banana29



#mhdoss "its not that quiet in my head"

02-May-12 13:45 | emilywelsh357



So Nancy Lublin imagines the power of a crisis center teenagers can text for help: <http://t.co/hyIWmYxU>  
@banana29 #mhdoss

01-May-12 16:57 | copesolutions