

# SAC CORNER

## QUARTER 3

2025 - 2026



### CRISIS:

- **988 Lifeline** - call or text 988 at any time 24/7 to talk for free and with confidentiality
- **2nd Floor** - NJ's Youth Helpline - 888-222-2228 is a 24/7 hotline that can be called or texted for confidential and anonymous help
- **National Sexual Assault Hotline: 800-656-HOPE**

## THE NEWS

### TRENDS

- Therapy Speak

### STUDENTS

- Anxiety & School Refusal
- College Depression
- High Acuity Mental Health Struggles

### CAREGIVERS

- The Annual Mental Health Resource Fair is back! 4/7/2026
- If I Tell You - April 14th (link in admin newsletter)

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### TRENDS

- According to [this article](#), therapy speak is ruining love lives – and we see this in friendships in school too! Using therapeutic terms can put diagnostic labels on people with normal behaviors (that you just don't happen to like). It can also be used manipulatively. It can also lead people to think they have an abnormal behavior when they don't and it's normal to sometimes feel or be that way. If you or your kiddo are throwing around therapy speak or diagnostic labels, try to break the habit and find new ways to describe these observations. See more support for this concern, [here](#).

### STUDENTS

- 40% of high school students have anxiety **symptoms**. 40% also report persistent feelings of sadness and hopelessness
- The prefrontal cortex is not yet developed until 25yo and operating without this can give the amygdala too much control to essentially “freak out” and not be able to think proportionally to situations and apply reason and logic. So we, the trusted adults, need to be the prefrontal cortex for the kids and young adults until they have theirs. Just like we are their driver's until they get their license.
- 19% of college students report severe depressive symptoms, 38% report moderate or severe depression symptoms, 34% report moderate or severe anxiety, 26% engaged in self-harm, 13% reported suicidal ideation, another 13% reported an eating disorder
- In order, the top five majors with the most reported college students experiencing depression are: Medicine, Law, Social Work, Engineering, Business
- High acuity mental health issues include functioning impairment and higher level of care needed. Check out [this](#) article that explains more about signs, when to seek care, and what kind of care to seek

### CAREGIVERS

- The Annual Mental Health Resource fair is a great opportunity to learn what kids are up against, what we can do as their adults, and to gather resources for your own friends and family
- We are virtually screening the film “if I Tell You” for parents/guardians to watch WITH their teenager. This film covers many different tricky situations an adolescent finds themselves in and offers a great conversational opportunity to watch with your child and ask what they would do in those situations. Use this FREE movie night to strike up important talks. Topics covered:
  - Trying alcohol
  - Stealing
  - Rape
  - Friendship
  - Kissing/crushes
  - Who to tell things to/when to tell