



Resources

Affordable & Inclusive Therapist Options:

If you are 12 years old or older, you may consent to receive mental health services with or without the consent of a parent or legal guardian in the state of Colorado.

Interfaith Bridge Counseling

\$25 per session; \$30 for groups
<https://interfaithbridge.com>

Madeline Stein

\$25-\$40 per session
<https://www.madeline-stein.com>

Khesed Wellness

\$60 per session
<https://khesedwellnes.com>

Open Path Collective Directory

\$30-\$60 per session
<https://openpathcollective.org>

Joy as Resistance

Sliding Scale per session
<https://www.joyasresistance.org>

Inclusive Therapists Directory

Varies per therapist
<https://www.inclusivetherapists.com>

Crisis Support:

Colorado Crisis Services (Free 24/7)
Text TALK to 38255; Call 1-844-493-8255

Crisis Text Line (Free 24/7)
Text HOME to 741741

Trevor Project for LGBTQIA+ Youth
(Free 24/7)
Text START to 678678; Call 1-866-488-7386

Self-Care Apps:

Clear Fear
[iOS](#) | [Android](#)

Calm Harm
[iOS](#) | [Android](#)

#Self-Care
[iOS](#) | [Android](#)

TeasEar Slime
[iOS](#) | [Android](#)

Mood Journal
[iOS](#)

Safety Apps:

notOK App
[iOS](#) | [Android](#)

MY3
[iOS](#) | [Android](#)

Suicide Safe
[iOS](#) | [Android](#)



Mindfulness Activities

The Double Inhale

This activity is an easy go-to when you're feeling overwhelmed and need to refocus your brain. All you have to do is take two quick inhales, then one long exhale... Inhale...Inhale...Exhale for 5...4..3..2..1...Inhale...Inhale...Exhale for 5...4..3...2...1

Repeat as needed.

Square Breathing

This is a quick way to find a bit of clear mental space. Start by placing both feet on the floor, regardless of if you're sitting or standing. Then breathe in for the count of, hold, exhale, and hold again. It can help to imagine a square while you inhale, hold, and exhale.

Breathe in...1...2...3...4...Hold Your Breath...1...2...3...4...Breathe Out...1...2...3...4...Hold Your Breath...1...2...3...4...

Repeat as needed.

Heartbeat Meditation

Ever feel anxious and need to move? This activity helps you move while also being intentional about calming down because it raises your heart rate and helps stop your brain from overthinking for a few moments.

Begin by running in place or doing jumping jacks for 30 - 60 seconds. When you're done, immediately sit down, place your hand over your heart, and take five deep breaths. Ask yourself: What am I noticing?

Tightened Fists

Another calming activity is focusing your thoughts and energy on tightening a certain part of your body. If your thoughts are racing or you're having a panic attack, start by placing your feet firmly on the floor, then balling your hands into the tightest fists you can. Hold those tight fists to the count of five, then release. Repeat as needed.

Conversation

Starters



Instructions

There are several ways to have empathetic, connected conversations with your teen that will help lay the foundation for them to come talk to you when they are experiencing personal challenges.

One of those ways is to shift the focus of conversation from their day or school to other categories. Below you will find several questions to try. Print them off, cut into strips, and then take turns randomly pulling a question at dinner or during a weekly check-in. Another option is to write them on popsicle sticks and randomly select them, or write them on a Jenga game set and play a game of Jenga every once in awhile.

Questions

- *What's your favorite thing about our family?*
- *Tell us about your dream family vacation.*
- *If we could move anywhere in the world, where would it be?*
- *What would you rather have as a family pet: a tiger or a jellyfish?*
- *What is one topic you never want to talk about as a family, and why?*
- *What is your favorite memory of being a little kid?*
- *What is your favorite show/movie/YouTube series right now?*
- *What are your feelings about TikTok? (Should I get an account? How can I follow you?)*
- *What music are you listening to that you think I would be into?*
- *If you could listen to one artist/show/movie, what would it be?*
- *Which celebrity would you most want to have over to our place for dinner?*
- *What is your favorite app and why?*
- *What public figure do you most admire*
- *If you could have a superpower, what would it be?*
- *What do you think is the biggest problem facing young people today?*
- *How can you make an impact on the world as a teenager?*
- *What issue do you wish more people were talking about?*
- *Who do you admire most in the world?*
- *What is your biggest regret so far in your life?*
- *What was the last thing you did that you were really proud of?*
- *Where are you most looking forward to this weekend?*
- *If you could drop everything and spend 24 hours in one city, where would you go?*
- *If money were no object, what is the one thing you would love to have?*
- *Do you have any dirt on any of your friend's moms? Or dads? (Don't want to be sexist.)*
- *What is it like to vape? (Can substitute heroin, meth, etc.)*
- *The first time you had sex was ...*

Conversation

Starters



Questions

- *Who is your favorite member of our family, including extended family? (It's me, right?)*
- *How badly do you want to leave this table?*
- *What makes someone a good friend?*
- *Do you tend to have just one or two good friends, or do you have a large group of friends?*
- *Is there anyone at school that you would like to get to know better? Who is it?*
- *Would you be willing to die for your best friend?*
- *Do you have any friends that you're worried about right now? Why?*
- *What traits do you look for when you're trying to make a new friend?*
- *On a scale of 1 to 10, how strict do you feel our family is?*
- *Who are you closest with?*
- *Do you get along with your siblings?*
- *What was the last disagreement you had with your siblings about?*
- *Is there anyone you have a crush on right now?*
- *What do you look for in a boyfriend/girlfriend?*
- *At your school, are there a lot of people who are in romantic relationships?*
- *If you could marry any celebrity, who would it be?*
- *Are you dating someone right now?*
- *Would you rather date someone older or younger than you?*
- *Do you think you might like to get married some day?*
- *What is your ultimate goal in life?*
- *What scares you the most about the future?*
- *What is your dream job?*
- *What are your plans for the future?*
- *Do you have a bucket list? What are the top two or three things on that list?*
- *Do you have any role models? Who are they, and why do you look up to them?*
- *What do you plan to do after you graduate from school?*
- *At what age would you like to live on your own?*
- *What do you think your life would look like 10 years from now?*
- *What do you think the world will be like 25 years from now?*
- *What was the last thing that you bought with your own money?*
- *What do you usually buy with your allowance money?*
- *Do you think it's important to save for a rainy day?*
- *If someone gave you \$1,000 and said you had to give it to charity, which charity would you choose and why?*
- *If you won the lottery, what would you do with the money?*
- *What was the first thing that made you laugh today?*



Conversation

Starters



Questions

- *What makes you thrilled and excited?*
- *What is the best part of your day?*
- *Do you ever feel lonely or left out?*
- *What scares you the most?*
- *What is your biggest worry in life?*
- *What helps you feel better when you're upset or stressed out?*
- *Do you ever feel sad? What do you do to feel comforted?*
- *What are three things that you are grateful for today or this week?*
- *What hurts your feelings?*
- *What is your biggest fear?*
- *What is the most difficult thing in your life right now?*
- *Do you care about what other people think about you?*
- *Do you have any dark secrets?*
- *What's the best thing about being a teenager?*
- *What's the worst thing about being a teenager?*
- *What is the weirdest dream you've ever had?*
- *Do you have any recurring nightmares?*
- *What is one of your earliest memories?*
- *Where did you go on your most recent vacation?*
- *What's your greatest achievement so far?*
- *What's your biggest regret in life so far?*
- *What is the most adventurous thing you have ever done in your life?*
- *What is the most embarrassing incident that has ever happened to you in your life?*
- *What is the most dangerous thing you have ever done?*
- *What is the weirdest or craziest thing you have ever done in your life?*
- *What is the best thing that has ever happened to you?*
- *Do you live by any life motto?*
- *Would you rather be five years younger or five years older?*
- *Would you rather burn to death or freeze to death?*
- *Would you rather have no arms or no legs?*
- *Would you rather live on the beach or in the mountains?*
- *Would you rather have no hearing or no sight?*
- *If you were invisible for a day, what would you do?*
- *If you could be any animal, which one would you be?*
- *Is it ever okay to lie?*
- *If you only had one month to live, how would you spend your time? With whom?*



Conversation

Starters



Questions

- What would your weapon of choice be if you were in a zombie apocalypse scenario?
- If you could have any super power, which one would you choose and why?
- How many second graders do you think you can handle in a fight before you're overwhelmed by them?
- If you could travel anywhere in the world, all expenses paid, where would you go?
- If you died right now, is there something that you would definitely regret not saying or doing?
- If you were given the chance to become immortal, would you take it? Why or why not?
- If it were up to you, how would you change the world?
- If you could live anywhere in the world, where would you live?
- If your life had a theme song, what would it be and why?
- If you could watch only one movie for the rest of your life, what would it be and why?
- What would you want to be famous for?
- What would you like people to say about you after you die?
- Do you ever wish you could go back in time and be a little kid again?
- What do you think is the meaning of life?
- What do you think happens after death?

