

"It is the power of the mind to be unconquerable." - Seneca

SOCIAL MEDIA AND MENTAL HEALTH: TIKTOK

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We have all heard about it and even use it ourselves... TikTok. Whether you are an adult, teen or somewhere in between this social media app has created a huge impact.

In sessions, client's often voice information about mental health that they receive from the app. Some of the information is helpful and



accurate! Some of the people talking about mental health are even clinicians on the app. This however does not replace your therapist or treatment team. The reason I say this is there are many ways to treat/practice psychology. Your doctor, therapist, social worker know YOU specifically; your history, your struggles and your upbringing. The information is important and can completely change your course of treatment. You can have the same diagnosis or issues as another person but the way your clinician will treat that "same" issue can be very different, based on your needs.

A person's experiences and factors that make you... you, are important. Factors such as race, gender identity, sex, religion, geographical location and so much more. I think we all learned from Web MD that you can't use the internet to replace a real doctor. A real human being that you connect and confide in.

Now I'm not saying TikTok is all bad! I have spent many an hour scrolling as anyone else. I think TikTok creates a great sense of belonging and community sometimes. Being able to talk about taboo or niche topics helps to decrease feelings of shame and isolation. We have so much to learn from one another and the internet. Many apps create a platform for that learning. If you take anything away from this, think critically about what you hear online and always seek help from professionals when needed.

NATIONAL SUICIDE PREVENTION WEEK

*September
4-10, 2022*

This year the national suicide and crisis hotline changed their number to 988.

Police or 911 is often called to manage mental health emergencies but many police officers are not trained for these situations.

"People who call or text the number will be connected to a trained counselor at a crisis center closest

MEET THE STAFF



Lindsey Kovalik-Bianchini, LCSW, LISW CP

Meet the owner of Obsidian Behavioral Health with a Q & A!

Q: When did you know you wanted to be a social worker?

A: I always knew I wanted to help people, and after dabbling in going into law enforcement and nursing, I took a class at community college which talked about social workers. I knew right then that social work was the career I had been dreaming about.

Q: What do you do for self-care?

A: On nice days, I like to go for walks outside, or just be outside. I also go to the gym when I can, and play a meditation from Insight Timer before bed.

Q: What is your favorite coping skill?

A: Oh, this is a good question – so many to pick from! I would say one of my favorites is the 5 senses grounding technique. When you

are stressed or anxious, take a deep breath and look at your surroundings. Find 5 things you can see around you, 4 things you can touch around you, 3 things you can hear, 2 things you can smell, and 1 thing you can taste (or wish you could taste at that moment).

Q: What is a fun fact about you?

A: I love, love, LOVE animals. Pets and wildlife. You can definitely catch me asking people to pet their dogs when I'm out and about walking and I see one. Or throwing out random animal facts. Bugs though? Not a fan.

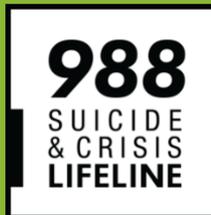
Q: What is your favorite movie and/or TV show?

A: I can't pick just one movie. I'd have to say for movies: Step Brothers and Jurassic Park. For TV shows, hands down my favorite is The Office. "I just want to lie on the beach and eat hot dogs. That's all I've ever wanted." – Kevin Malone

to them. If a local crisis center is too busy to respond right away, the call gets routed to one of 16 backup centers around the country."- [NPR's Rhitu Chatterjee](#)

This new phone number connects the caller to an existing network of more than 200 local crisis call centers around the country.

Highlights taken from NPR's article: [The new 988 mental health hotline is live. Here's what to know](#)



REMINDERS AND UPDATES

COPING SKILLS CORNER

- Appointments should be canceled 24hrs in advance to avoid \$100 fee.
- Out of the office reminders-
Silvia: September 1-5

Danielle: September 13-20, November 24

Lindsey: October 16-22, November 24

***Please speak to your therapist about your session needs during those times.*

- Stay connected! Click on the icons below to add Obsidian on social media.

5-4-3-2-1 Grounding Skill for Anxiety

(Lindsey's favorite!)

5: List FIVE things you see around you. It could be a water bottle, a door, anything in your surroundings.

4: List FOUR things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

3: List THREE things you hear. This could be any external sound. Focus on things you can hear outside of your body.

2: List TWO things you can smell. Maybe you can smell your hair, clothes, food.

1: List ONE thing you can taste. Or did taste this day.

