

Oklahoma's Healthy Transitions Initiative

General Questions to Assist Transition-Aged Youth

Topic: Mental Health

Sub-topics: [Finding Help](#)
[Medication](#)
[Information](#)
[Death / Grief](#)
[Urgent Care](#)
[Suicide Prevention](#)

FINDING HELP:

Do you know where to go or how to find help?

Would you like assistance in finding help?

Are you looking for a certain type of facility? i.e. woman only , out patient

Who do you call or turn to when you are facing a crisis?

Do you know of any other telephone resources besides us? (211, reach out..etc)

Do need assistance finding anonymous hotline?

Have you thought of attending support groups? (i.e if they are living with a condition, sometimes support groups can be extremely helpful)

MEDICATION:

(We do not need to know what medication they are on, please don't ask)

Are you having trouble paying for medication?

What do you do if you run out of medication?

Have you spoke to your doctor about generic medications or any rebates?

Have you applied for medication assistance?

Do you have medical insurance to help with medication cost?

Does your doctor or pharmacy know the different medications you are currently on?

INFORMATION:

Do you know where you can get information about mental health awareness? (PRC, library etc)

Is there a mental health condition you want to get more information about? (Direct to PRC or other resources)

Is there any classes at your school, community center, metro tech, library, area prevention resource center that would have information available?

Do you know where your local area prevention resource center is located? Do you know what the organization does?

DEATH / GRIEF:

Would you like assistance finding support?

Have you thought about speaking to someone about the way you feel?

Would you like assistance finding a support group?

Are you having thoughts of suicide?

Who do you normally talk to when you are feeling down or upset?

Can you name five people you would feel comfortable speaking with over this subject matter? (i.e. parent, counselor, teacher, boss, adult friend)

URGENT CARE:

Do you know what to do in an emergency?

Do you know where local urgent care centers are located?

Do you have health insurance? If no, do you need assistance find free local clinics?

SUICIDE PREVENTION

PLEASE REFER TO QPR TRAINING, AND PLEASE ALERT SUPERVISOR IMMEDIATELY

Are you having thoughts of suicide? **(if yes, refer to QPR training and Lifeline)**

Do you have friend that you think might be having thoughts of suicide? (if yes, refer to QPR training and Lifeline)