KY-SPIN's Youth eNews 10/1/2026

KY-SPIN

Youth News!

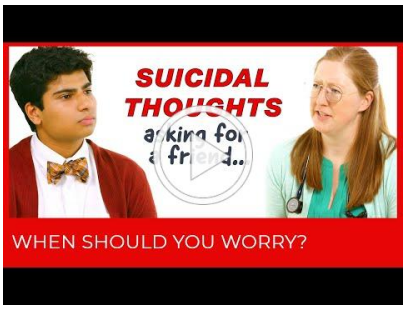
Get SET...Support, Educate, Train for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

Subscribe to KY-SPIN eNews

Click Here to Check Out
KY-SPIN Website

Click Here to Check Out the KY-SPIN
Youth Resources Page



When Should You Worry About Suicidal Thoughts?

It can be hard to know when you should be concerned about yourself or a friend. In this short video, a pediatrician from the American Academy of Pediatrics explains when suicidal thoughts should be taken seriously and when it is time to get help. You'll learn why it is important to speak up, reach out to a trusted adult, and not try to handle the situation alone. Knowing what to do can help you support yourself or someone you care about.

Click Here

You Don't Have to Handle Hard Things Alone

Your mental health matters. Everyone has days when life feels like a lot, and you don't have to figure everything out on your own. Talking to someone you trust, asking for help, or just saying, "I'm having a hard time" can be a great place to start.

Taking care of your mental health is something you can keep working on as you grow. Find the people who have your back, learn what helps you handle stress, and know where to turn when you need extra support. Life won't always go exactly as planned, but having the right tools and people in your corner can help you keep moving forward.

Kentucky's Exceptional Youth Voices!!!

Question:

Lately, I've been feeling more stressed and overwhelmed than usual. Sometimes it's hard to know if I should handle things on my own or tell someone how I'm feeling. I don't want people to worry about me, but I also don't want things to get harder. How do I know when it's time to ask for help?

Answer:

Everyone has tough days, but you don't have to deal with difficult feelings by yourself. If stress, sadness, or worry starts to feel like too much, talk with someone you trust. This could be a family member, teacher, counselor, coach, or another trusted adult. You don't have to know exactly what to say—starting with "I'm having a hard time" is enough.

It can also help to know where you can find support before you need it. Think about the people you trust, learn what helps you feel calmer, and save important support numbers in your phone. Asking for help is a self-advocacy skill, and practicing it now can help you take care of your mental health throughout your life.
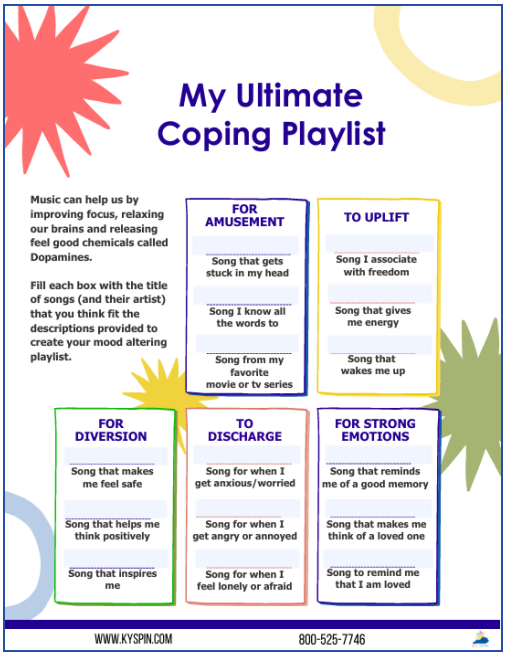


Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

Music for Every Mood: Build Your Coping Playlist

Music can be a helpful coping tool when you feel stressed, worried, sad, angry, or just need a boost. Start by noticing how songs affect your mood and which ones help you feel calmer, stronger, or more positive.

Use this worksheet to build a playlist for different moods. Choose songs that help you feel safe, energized, comforted, or understood. Your playlist can become part of your coping plan and give you something positive to use when emotions feel hard to manage.

Click Here



Youth Suite

Subscribe:Youth eNews

Helpful Resources

Knowing where to turn for help is an important part of taking care of your mental health. Suicide prevention resources can help you learn how to handle difficult feelings, recognize when you or a friend may need extra support, and connect with people who are ready to listen and help.

Resources such as 988, NAMI Kentucky, and The Trevor Project offer information and support for young people. **School-Based Mental Health services are also there to support you. Teachers, counselors, and school administrators can be trusted adults you turn to when you are struggling.** You do not have to handle a difficult situation alone—reaching out is a strong first step.

988 SUICIDE & CRISIS LIFELINE

NAMI Kentucky
National Alliance on Mental Illness

Kentucky Department of EDUCATION

THE TREVOR PROJECT



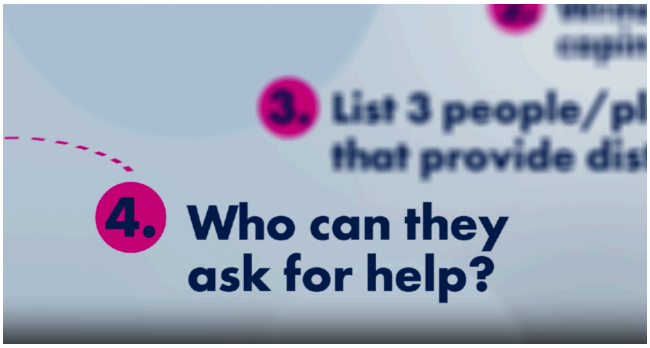
Make a Plan Before You Need One

Taking care of your mental health also means knowing what to do when things get tough. Creating a plan ahead of time can help you recognize your warning signs, identify what helps you cope, and know who you can turn to for support.

Use this action plan to write down your triggers, coping strategies, trusted people, professional contacts, and things that help you feel safe and comfortable. Keep your plan somewhere easy to find and share it with someone you trust so you have support when you need it.

Building Your Safety Plan

This short video from SAMHSA explains why creating a safety plan before a mental health crisis can help you know what to do when things feel overwhelming. It walks through six important steps, including recognizing warning signs, choosing coping strategies, identifying people and places that can help, and knowing who to contact for support. A safety plan can serve as a personal guide to help you stay safe, reach out, and remember that you do not have to handle a crisis alone.



Click Here

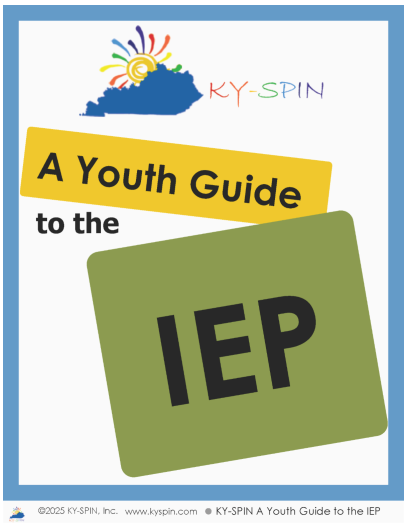


Want to learn more about transition topics that could affect your future? Interested in hearing from experts or people who have “been there, done that?" **Transition Tuesdays are for you!**

Each month, you can join students from across Kentucky to explore topics that can help you prepare for life after high school. Learn new skills, ask questions, hear real experiences, and get information that can help you take the next step toward your future. **Register today and join us!**

If you need someone to talk to...

988 Suicide & Crisis Lifeline: Call or Text 988
Website: https://988.ky.gov



Don't Forget!!!!!

A Youth Guide to the IEP workbook is **available now**. Make sure you download your copy today!

A Youth Guide to the IEP - KY-SPIN

Learn more about us KY-SPIN Infographic
REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com
Contact Form (www.kyspin.com/contact/)
Download Printable KY-SPIN Referral Form Here (https://tinyurl.com/4t2evb59)

KY-SPIN, Inc. | 800-525-7746 | spininc@kyspin.com |
Website | Donate

The contents of this eNews were developed in part under a grant from the US Department of Education, # H328M250119. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government.

Information contained herein are for informational purposes only and do not imply endorsement by SPIN or KY-SPIN, Inc.

KY-SPIN, Inc. | 10301-B Deering Road | Louisville, KY 40272 US

Constant Contact Data Notice

Constant Contact

Try email marketing for free today!