

Minister Destiny Testimony Schools

Youth: Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe

Youth — Class Book · Month 6

Minister Destiny Marie Morgan
Minister & Founder

A Prayer Before You Begin

In the name of God, the Most Gracious, the Most Merciful.

Lord, bless this reader on their journey. Guard their health in body, mind, and spirit as they study. Open their heart to knowledge and their mind to understanding, and let what they learn here become light in their hands. Guide them to the places where they are needed — to help others, and to save lives, safely. Bless their steps, their work, and every life their learning will one day protect.

Amen.

— Minister Destiny Marie Morgan

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Minister Destiny Testimony Schools — Youth: Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe.

Published by Minister Destiny Marie Morgan, Minister & Founder.

Educational completion certificate only — not a state license, POST certification, or government credential.

Legal Disclaimer

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This book is not an emergency service and does not replace 911. In an emergency, call 911 (or your local emergency number) if you can do so safely. In a mental-health crisis, call or text 988 (U.S.).

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Privacy Disclaimer

This book collects nothing, and neither does the school. Minister Destiny Testimony Schools collects no student data: there are no accounts, no sign-ups, and no tracking in this book or in the free school online. All learning and testing happen on your own device or on paper, in this book. Your name is never required, asked for, or collected — if you earn a certificate, you write your own name on it yourself. Your answers, scores, and certificates stay with you.

The lessons in this book are educational information, written in plain language. If you or someone you know is in danger, call 911. Help lines: 988 (call or text) · Crisis Text Line (text HOME to 741741) · Childhelp National Child Abuse Hotline 1-800-422-4453.

How This Book Works

This book is one class of Minister Destiny Testimony Schools — Youth: Month 6 — Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe. It is the study book for this class's test. Everything the test asks is taught in this book, in plain language: the full lesson, Words to know, the stories to think through, the Try-this activity, and Resources to keep.

Minister Destiny Testimony Schools is a free school. The classes, the tests, and the certificates are free online at destinymorganbooks.com — nothing about this class costs money. This book is the print edition, for people who want the class in their hands. You never need to buy a book to take a class or a test.

How to use this book: read the lesson, learn the Words to know, think through the stories, and do the activity. Try the word search for fun. Then take the Chapter Test at the back of the lesson — printed without answers marked. Score 80% or higher to complete the class and earn its certificate (the certificate page is in this book; write your name on it after you pass). The Answer Key is at the back of the book, for parents, teachers, and self-checking after you finish. Go at your own pace.

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Before You Start

Before you start

- **This space is private.** Nobody sees what you read or how you answer. Your progress stays on your own device.
- **We never ask your name.** Not here, not on the test, not on the certificate. If you earn a certificate, you download it first and write your own name on it after.
- **Pass the month test at 80% or higher to earn this month's certificate.** You can retake the test as many times as you need. Answers are not shown — the point is to go back, find what you missed in the lesson, and learn it for real.
- **If you are in danger right now:** call **911**. If you cannot talk out loud, text **HOME** to **741741** (Crisis Text Line) or call or text **988** any time, day or night.

Month 6 — Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe

Minister Destiny Testimony Schools — Youth

The lesson

1. Feelings are signals, not verdicts

Everyone has stretches where things feel heavy — stress at home, trouble at school, friend drama, grief, or a sadness or worry that just sits there. This month is about understanding those feelings, knowing the warning signs that mean get help now, and building the plan you will actually use. Feeling sad, angry, anxious, or numb sometimes is human, not broken.

Feelings get dangerous when they stay and grow: weeks of feeling down, losing interest in everything, sleep or appetite changing a lot, feeling hopeless, or thinking everyone would be better off without you. Those are signals to get support — the same way a high fever is a signal to see a doctor. A signal is not a life sentence. It is information that tells you what kind of help to reach for, and reaching early almost always makes the path back shorter and easier.

2. Asking for help is a skill

Asking for help is a skill, not a weakness. The strongest people you know have all been helped by somebody. Like any skill, it gets easier with practice and with exact words ready ahead of time. You can start small: "I've been feeling really low for a couple of weeks and I don't want to feel like this. Can I talk to you?" You can say it to a parent, a counselor, a school nurse, a coach, a faith leader, or another trusted adult from your Month 1 map. You can also write it in a note or a text if speaking is hard.

What to expect when you ask matters, too. A good helper will listen without rushing, ask what has been going on, and help you think about next steps — which might be rest and check-ins for a hard week, or a counselor, doctor, or help line for something heavier or longer-lasting. If the first person does not know how to help, that is not the end. Ask the next person. Needing help more than once, or needing a different kind of help than you first tried, is normal.

3. Know the help lines — put them in your phone today

Save these numbers now, while you are calm, so they are there on a hard night. You can call or text **988**, 24/7, for emotional distress or thoughts of suicide. It is free and confidential. You can text **HOME to 741741** to reach the Crisis Text Line if you would rather type than talk. You can call Childhelp at **1-800-422-4453** if home is the problem. And you call **911** if you or someone else might act on harmful thoughts soon, or anyone is in immediate danger.

You can also call 988 about a friend and ask what to do. You do not have to carry someone else's crisis alone, and the people who answer these lines coach friends and family through exactly that, every day. Confidential means kept private, with one limit that protects life: if someone is about to be seriously hurt, helpers act to protect that person.

4. The friend rule — take it seriously, every time

If a friend says they want to die, hurt themselves, or "not be here anymore" — even as a joke, even if they say "don't tell" — take it seriously. Believe it could be real. You cannot tell from the outside, and the cost of being wrong is too high. Stay connected: keep talking, and stay with them in person or on the phone if you can. Tell a trusted adult immediately — a parent, counselor, or teacher — and call or text 988 for guidance. This is another promise that does not outrank a life. A living friend who is mad at you can forgive you later.

Do not promise secrecy about this. Ever. You can say, right in the moment: "I care about you too much to keep that secret." Asking directly also helps, and it does not plant the idea. Asking "Are you thinking about hurting yourself?" opens the door for a friend to tell the truth. It does not create thoughts that were not there.

5. Calm-down tools that actually help

For the everyday too-much days, you need tools that work on your body, not just advice to "calm down." Breathe out slowly, with longer exhales than inhales, for a few rounds — it physically slows a racing body down. Splash cold water on your face or hold something cold; it jolts the stress response down. Move: walk, run, shoot baskets, dance in your room — stress is energy, so give it somewhere to go. Name it to tame it: say, out loud or in a notes app, "I'm furious because..." Naming a feeling shrinks it a little. Shrink the problem by asking, "What is the next one thing I can do?" Not the whole solution — the next step. Take care of the basics: sleep, food, and water. A tired, hungry brain makes everything feel ten times worse, and basic care is real medicine. Limit the scroll: when you feel awful, feeds full of conflict and comparison pour fuel on it, so take the break.

Try these tools on medium-hard days, not only on the worst days. Practicing when the stakes are lower teaches your body what works for you, so the tools are familiar when you really need them. Notice which two or three help you most and write those down in your safety plan.

6. Build your personal safety plan

A personal safety plan is your own written plan for hard stretches, made by you, in your own words. It has six parts. First, my warning signs — how you know a bad stretch is starting, such as "I stop answering texts" or "my stomach hurts every morning." Second, my calm-down tools — the two or three from the list above that work for you. Third, my people — your three trusted adults from Month 1, plus one friend. Fourth, my places — somewhere you can go and feel safer. Fifth, my lines — 988, the Crisis Text Line, and Childhelp, saved as contacts. Sixth, my reason list — people, pets, goals, and even small

things, like a team, a show, or a future plan, that are worth staying for. Read it on the worst days.

What NOT to do when you feel overwhelmed: do not isolate for days and tell yourself nobody cares — isolation makes the feelings louder and help farther away. Do not use alcohol, vaping, or other substances to numb feelings; they borrow calm from tomorrow and make anxiety and low mood worse as they wear off. Do not make big, permanent decisions in the worst hour of a bad night. And do not wait until a crisis to find your numbers and your people. The whole point of this plan is that past-you, on a calmer day, already did the hard organizing for present-you.

Words to know — Month 6

- **Crisis** — a moment when feelings or danger are too much to handle alone and help is needed right away.
- **Confidential** — kept private, with one limit: if someone is about to be seriously hurt, helpers act to protect life.
- **Coping tools** — healthy actions that help you get through hard feelings, such as breathing, movement, talking, and rest.
- **Safety plan (personal)** — your own written plan: warning signs, tools, people, places, and help lines.
- **Support network** — all the people and services you can turn to; stronger than any single person.
- **Warning signs** — changes in mood, sleep, appetite, interest, or behavior that signal you need more support soon.
- **Overwhelmed** — feeling like the demands or emotions in front of you are more than you can manage alone in that moment.

Myths vs facts — Month 6

- **Myth:** Asking for help means you are weak or cannot handle life. **Fact:** Asking for help is a skill that strong people use. Everyone needs support at some point, and asking early is how small problems stay small.
- **Myth:** Asking a friend if they are thinking about hurting themselves will plant the idea. **Fact:** Asking directly does not create the idea. It opens the door for honesty and help, and it shows your friend they do not have to hide.
- **Myth:** If someone mentions suicide as a joke, it is never serious. **Fact:** You cannot tell serious from joking from the outside. Treat every mention as real, stay connected, and bring in an adult and 988.
- **Myth:** Coping tools are only for a crisis. **Fact:** Breathing, movement, sleep, food, water, and naming your feelings help on ordinary stressful days, too — and practicing them then makes them work better in a crisis.

What would you do? — Month 6

The situation: Your best friend Marcus has changed over the last month — quit the team, stopped coming to lunch, leaves your messages on read. Tonight he finally replies: "honestly everyone would be better off if I just wasn't around. forget I said anything."

Walk it through:

1. Take it seriously. That sentence is a warning sign, full stop. "Forget I said anything" does not cancel it.
2. Respond with care, right now. "I'm not forgetting it. I care about you. Are you thinking about hurting yourself?" Asking directly does not put the idea in someone's head — that is a myth. It opens the door for them to tell the truth.
3. Stay on the line or keep texting. Do not leave him alone with it tonight if you can help it.
4. Bring in adults — tonight, not tomorrow. Tell your parent or his, or another trusted adult, exactly what he wrote. Call or text 988 and ask them what to do; they coach friends and family through this all the time.
5. Follow up tomorrow, and the day after. Sit with him at lunch. Keep inviting. Recovery is not one conversation; it is someone who keeps showing up. That is you — with adults carrying the heavy part alongside you.

One more real-life story — Month 6

Sofia, 16, noticed her own warning signs before anyone else did. For three weeks she had been sleeping badly, snapping at her little brother, and dreading school in a way that felt physical — a tight chest every morning on the bus. She was still getting her work done, so she told herself she had no right to complain. "Other people have it worse," she kept thinking.

What changed her mind was her own safety plan, half-finished in her notes app from an earlier lesson. She had written one warning sign: "When I stop wanting to go to practice, something is wrong." She had, in fact, quit going to dance practice two weeks earlier without really deciding to. Seeing her own words made it harder to argue with herself.

Sofia texted her school counselor the sentence she had practiced: "I've been feeling really low for a few weeks and I don't want to feel like this. Can I talk to you?" The counselor listened, helped her tell her parents together, and connected her with a counselor outside school. The tight-chest mornings did not vanish in a week, but they eased as sleep, support, and a plan came together. Sofia's lesson for this month is one she asked to share in her own words: comparing your pain to someone else's does not make yours smaller — it just makes you wait longer to get help for it. Your warning signs, in your own writing, can be the voice that talks you into asking.

Try this — Month 6

Write your personal safety plan today, in a notes app or on paper you keep private. Fill in all six parts: warning signs, calm-down tools, people, places, help lines saved as contacts, and your reason list. Then do two small setup tasks that make the plan real: save 988 and the Crisis Text Line as contacts in your phone, and practice one calm-down tool — slow exhales or a cold splash of water — once on a normal day so you know how it feels. Finally, choose your asking-for-help sentence and write that down, too. On a hard day, you should not have to invent words, search for numbers, or wonder who to call. Past-you handles that now.

Resources to keep — Month 6

- **911** — call if you or someone else might act on harmful thoughts soon, or anyone is in immediate danger.
- **988 (call/text)** — call or text 988, 24/7, for emotional distress or thoughts of suicide, for yourself or about a friend.
- **Crisis Text Line** — text **HOME to 741741** to connect by text if talking out loud is hard.
- **Childhelp** — **1-800-422-4453** — help if home is the source of the stress or harm.
- **SAMHSA** — **1-800-662-4357** — information and referrals for mental health and substance use support.
- Your school counselor, your school nurse, or a trusted adult — in-person support who can stay involved over time.

What you earned / what's next — Month 6

Month 6 complete (test score 80% or higher): You know the warning signs that mean get help now, you have calm-down tools for everyday hard days, you know how to respond when a friend is in crisis, and you have your own written safety plan. Month 6 completes the first half of your Youth year — six months of safety skills that build on each other, from your trusted-adult map to this plan.

What's next: Month 7 — Trouble at School, Running Away, and Safer Choices. Next month takes these same tools into school trouble and the urge to run, and looks at safer choices you can make in the moment and after.

Word Search — Month 6

Find the words from this class's Words to know. Words run across, down, or diagonally.

P	T	G	S	A	F	E	T	Y	P	L	A	N
S	N	X	X	X	Q	G	P	C	Y	Y	B	I
L	U	H	F	C	Z	Z	H	K	I	R	K	N
P	C	O	N	F	I	D	E	N	T	I	A	L
M	W	C	O	P	I	N	G	T	O	O	L	S
T	O	V	E	R	W	H	E	L	M	E	D	C
W	Z	B	Z	P	Q	Q	K	R	H	D	Y	B
C	W	A	R	N	I	N	G	S	I	G	N	S
S	R	J	H	N	F	C	V	W	X	J	G	P
S	H	I	Y	O	C	P	J	B	M	B	K	R
I	B	X	S	W	F	E	M	H	R	Y	E	E
F	X	A	C	I	P	X	N	X	H	Q	K	N
R	G	G	Z	O	S	N	M	N	Q	E	S	X

Words to find: Crisis · Confidential · Copingtools · Safetyplan · Warningsigns ·
Overwhelmed

Words to Remember — Say It in Your Own Words

Cover the Words to know page. For each word from this class, write what it means in your own words, the way you would explain it to a friend. Then check yourself against the lesson.

Crisis

Confidential

Coping tools

Safety plan

Support network

Warning signs

Overwhelmed

Check Yourself — Practice Questions

These are practice questions, not the test. Write your answers in your own words. Everything you need is in this book's lesson.

1. Explain in your own words what “Crisis” means, and give one example from real life.

2. Explain in your own words what “Confidential” means, and give one example from real life.

3. Explain in your own words what “Coping tools” means, and give one example from real life.

4. Explain in your own words what “Safety plan” means, and give one example from real life.

5. The lesson has a part called “The lesson.” Write the most important thing it teaches, in your own words.

6. The lesson has a part called “Myths vs facts — Month 6.” Write the most important thing it teaches, in your own words.

7. The lesson has a part called “What would you do? — Month 6.” Write the most important thing it teaches, in your own words.

8. Think about the stories in this class. Pick one, and write what you would do — and why.

Think and Write — My Reflection

Writing helps the lesson stay with you. Answer honestly — this page is yours alone.

1. What is the most important thing you learned in Month 6?

2. Which part of this class connects to your own life? How?

3. What is one thing you will do differently because of this class?

4. What would you tell a friend who needs this class?

Chapter Test — Month 6

Answer every question. Score 80% or higher to complete this class and earn its certificate. The answers are in the Answer Key at the back of this book — for parents, teachers, and self-checking after you finish.

1. Which of these is a warning sign that feelings have become a "get help now" problem?

- A. Feeling sad for an afternoon after a bad day
- B. Weeks of feeling down, losing interest in everything, and feeling hopeless
- C. Being nervous before a test
- D. Arguing with a friend once

2. What number can you call OR text, 24/7, for emotional distress or thoughts of suicide?

- A. 411
- B. 311
- C. 988
- D. 611

3. A friend writes "everyone would be better off if I wasn't around — forget I said it." What do you do?

- A. Forget it, like they asked
- B. Take it seriously, stay connected, and tell a trusted adult tonight — and you can call/text 988 yourself for guidance
- C. Wait a week to see if their mood improves
- D. Tell only your other friends, not adults

4. True or false: asking a friend directly "Are you thinking about hurting yourself?" plants the idea in their head.

- A. True — never ask directly
- B. False — asking directly opens the door for them to tell the truth; it does not create the idea
- C. True — only adults may ask
- D. False — but only ask by text, never out loud

5. Which promise should you NEVER make to a friend?

- A. "I'll sit with you at lunch."
- B. "I won't share your embarrassing story."
- C. "I promise to keep it secret if you tell me you want to die."

D. "I'll help you study."

6. Which of these is a coping tool that physically calms a stressed body?

- A. Scrolling conflict-filled feeds for an hour
- B. Slow breathing with longer exhales, cold water on your face, or moving your body
- C. Skipping meals so you can think
- D. Staying up all night to solve the problem

7. What belongs in a personal safety plan?

- A. Only a list of your problems
- B. Your warning signs, your calm-down tools, your people, your safe places, and the help lines saved as contacts
- C. Your passwords and account logins
- D. A list of people who have hurt you

8. Can you call 988 about someone else?

- A. No — only about yourself
- B. Only if you are related to them
- C. Only during school hours
- D. Yes — 988 coaches friends and family on how to help someone else, too

9. Finishing all four weeks and quizzes of this course at 80% or higher earns:

- A. A state license
- B. The Certificate of Completion from Minister Destiny Testimony Schools — your name written in by you after download, never collected
- C. A grade on your school record
- D. Nothing — this course has no certificate

Certificate — Month 6

Minister Destiny Testimony Schools

Certificate of Completion — Month 6: Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe

This certifies that

Name (write your name here)

has completed

Minister Destiny Testimony Schools — Youth

Month 6: Mental Health — Feeling Overwhelmed, Asking for Help, Staying
Safe

Date completed: _____

Presented by **Minister Destiny Marie Morgan**, Minister & Founder

Educational completion certificate only — not a state license, POST certification, or government
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Minister Destiny Testimony Schools — Youth

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My Agenda — Class Tracker

Everything in this agenda is yours to write in. It stays in your book — nothing is collected.

Step	Done	Date	Score	Grade
Week 1 — Study the lesson				
Week 2 — Study + Words to know				
Week 3 — Stories + Try-this activity				
Week 4 — Chapter test (pass at 80% or higher)				

Letter grades: A 90–100 · B 80–89 · C 70–79 · D 60–69 · F below 60.

My goals for this class

Write the goals you are working toward in this class — and for yourself.

My Weekly Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

Resources to Keep

This class's resources, in one place. Keep this page.

- 911 — call if you or someone else might act on harmful thoughts soon, or anyone is in immediate danger.
- 988 (call/text) — call or text 988, 24/7, for emotional distress or thoughts of suicide, for yourself or about a friend.
- Crisis Text Line — text HOME to 741741 to connect by text if talking out loud is hard.
- Childhelp — 1-800-422-4453 — help if home is the source of the stress or harm.
- SAMHSA — 1-800-662-4357 — information and referrals for mental health and substance use support.
- Your school counselor, your school nurse, or a trusted adult — in-person support who can stay involved over time.

Answer Key

For parents, teachers, and self-checking after you finish the chapter test.

Month 6 Test — Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe

1. Weeks of feeling down, losing interest in everything, and feeling hopeless
2. 988
3. Take it seriously, stay connected, and tell a trusted adult tonight — and you can call/text 988 yourself for guidance
4. False — asking directly opens the door for them to tell the truth; it does not create the idea
5. "I promise to keep it secret if you tell me you want to die."
6. Slow breathing with longer exhales, cold water on your face, or moving your body
7. Your warning signs, your calm-down tools, your people, your safe places, and the help lines saved as contacts
8. Yes — 988 coaches friends and family on how to help someone else, too
9. The Certificate of Completion from Minister Destiny Testimony Schools — your name written in by you after download, never collected

Sources & Credits

The lessons in this book were written for Minister Destiny Testimony Schools from public sources — official websites, public health and safety organizations, help lines, and the law itself. The sources each chapter was built from, and the help resources it points you to, are listed under that chapter's name, with credit, so you can check anything in this book and keep learning. Court opinions and laws are public documents that belong to everyone. Everything here is retold in the school's own plain words — nothing in this book is copied from anyone else's book.

Month 6 — Mental Health — Feeling Overwhelmed, Asking for Help, Staying Safe

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- Your school counselor, your school nurse, or a trusted adult — in-person support who can stay involved over time.
- If you are in danger right now: call 911. If you cannot talk out loud, text HOME to 741741 (Crisis Text Line) or call or text 988 any time, day or night.
- Myth: If someone mentions suicide as a joke, it is never serious. Fact: You cannot tell serious from joking from the outside. Treat every mention as real, stay connected, and bring in an adult and 988.
- Bring in adults — tonight, not tomorrow. Tell your parent or his, or another trusted adult, exactly what he wrote. Call or text 988 and ask them what to do; they coach friends and family through this all the time.
- Help lines: 988 (call/text) · Crisis Text Line (text HOME to 741741) · Childhelp 1-800-422-4453.

The school itself is free: every class in this book, with its test and certificate, is free online at destinymorganbooks.com.

About the Author

Minister Destiny Marie Morgan is an ordained Muslim minister. She was ordained on May 15, 2025, through the Universal Life Church, and she is registered clergy in Massachusetts.

Her ministry is advocacy — standing up to injustice and helping people, locally and internationally.

She is the founder of Minister Destiny Testimony Schools, a free school. She built it so people can learn for free what cost her years to learn — people who may not have jobs, good credit, or loans, and who deserve real knowledge anyway. Every class is free online, for every age, with no sign-up and nothing collected.

She is also the author of two testimony series — Chronicles of Destiny Morgan and The Chronicle Trials — her own story, in her own words. Those books are her testimony; these school books are her teaching.

Follow her Amazon Author Page to find every new book as it comes out.

The school is free online at destinymorganbooks.com.

Contact: ministerdestinymariemorgan@gmail.com

From Minister Destiny

You finished this book — but the learning does not stop here. Keep your resources close, keep asking questions, and use what you now know to help the people around you. If this book helped you, pass it to someone who needs it. I built this school for you, and I am proud of you for showing up for yourself. — Minister Destiny Marie Morgan

Minister Destiny Testimony Schools — Youth

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