



## Roots Renewal Ranch Covers Mental Health Crises

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Argyle, TX ? 21% of high school girls in the US created a plan for suicide in 2023. That's over one in every five teenage girls experiencing suicidal ideation,? Texas-based teen mental health center Roots Renewal Ranch opens their recent blog. It's a startling statistic, and indicative of the importance of the topic they spend the rest of the article discussing: supporting teen girls in mental health crises.

First, Roots Renewal Ranch takes a moment to define a "mental health crisis." They refer to the National Alliance on Mental Illness (NAMI)'s definition: "A mental health crisis is any situation in which a person's behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community." The blog also acknowledges that there's a difference between a mental health crisis that requires immediate action and one that just requires additional support. They choose to refer to the former instances as "mental health emergencies."

The article then further differentiates between mental health emergencies and less severe mental health crises. Suicidal ideation or behavior, psychosis, severe self-harm, threats of violence against others, and substance overdose all constitute an emergency, according to Roots Renewal Ranch. Other signs, such as trouble with daily self-care, substance use, uncharacteristic mood or behavior changes, severe anxiety, and general self-harm indicate a mental health crisis that doesn't require emergency intervention yet.

Next, the blog breaks down the actions to take during a mental health crisis. "The best thing you can do during a mental health crisis to help is talk to your daughter. Ask her what she thinks will help her. Sometimes she may not know the answer to that question, and that is okay," Roots Renewal Ranch explains first. They encourage a calm and compassionate approach, and contacting a mental health professional no matter what.

"A mental health emergency requires immediate action. What does that action look like? You have a few options," the article continues. "One option is to call the national mental health emergency number, 988. 988 has trained mental health counselors available 24/7. They will offer advice based on your daughter's situation, and if they can't de-escalate the crisis through the call, will connect you with local resources to get her the help she needs as soon as possible." The article also mentions local mental health crisis lines, and how they can offer insight on available options.

Roots Renewal Ranch also takes a moment to explain possible facilities a teen girl in crisis could be taken to: community crisis programs, psychiatric emergency programs, and psychiatric hospitals. Community crisis programs are like the mental health equivalent of urgent care, the article explains. Meanwhile, psychiatric emergency programs provide short-term, immediate care. Psychiatric hospitals involve inpatient stays and 24/7 monitoring and medical attention.

"If you recognize the signs of a mental health crisis in your daughter but no one's safety is immediately at risk, the best thing you can do is talk to her. Let her know you're concerned, that you love her, and that you're there to listen if she has anything she wants to talk about," the blog says of less serious crises. It also recommends spending more time with the teen, even if it's silent companionship. It suggests getting in touch with the girl's mental health provider, or seeking one for her if she doesn't have one already. The article also offers residential treatment centers like Roots Renewal Ranch as an option for treatment.

"Once your daughter heals from her mental health crisis, there will be some work to do to make sure she stays safe and stable," the article informs parents. It stresses the importance of keeping the teen's school in the loop on what's going on, including her teachers and guidance counselor(s).

Roots Renewal Ranch also details different treatment options for mental health crises, and what works. "The truth is, different therapies work for different people and different conditions. There's no one-size-fits-all approach to mental health care. That means you might just have to try things until you find what works best," they admit. They mention cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), eye movement desensitization and reprocessing (EMDR), somatic psychotherapy, occupational therapy, and family therapy as places to start. They share information about what each modality entails, and evidence of its effectiveness.

Keep in mind your daughter is on her way to becoming a strong young woman. That means her thoughts on the care she receives are important. She should be part of the decisions that will impact her mental health journey when it's possible, the article reminds parents. Don't be afraid to seek out support for yourself, too, and know Roots Renewal Ranch is always here to help, it closes.

Roots Renewal Ranch is a residential treatment center for girls ages 13-17. They offer several therapy options, but one of their highlights is animal therapy. Girls spend time with the animals and take care of them, learning responsibility and developing confidence in their ability to care for others, and by extension, themselves. For more information on Roots Renewal Ranch, visit their website or call 888-399-0489.

Your daughter is strong, she is loved, and she is enough.

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For more information about Roots Adolescent Renewal Ranch, contact the company here: Roots Adolescent Renewal Ranch  
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## **Roots Adolescent Renewal Ranch**

*Roots Adolescent Renewal Ranch is a mental health and substance use facility for adolescent girls ages 13-17 located in Texas.*

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