



JANA MARIE
FOUNDATION

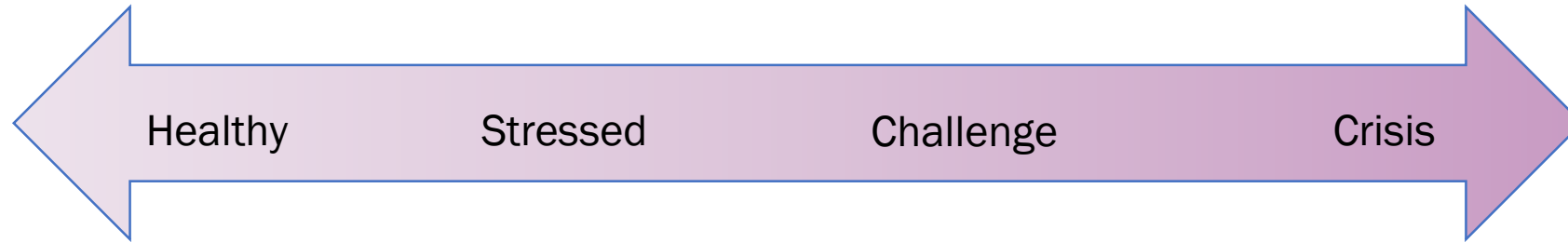
Mental Health & Suicide Prevention

Jana Marie Foundation

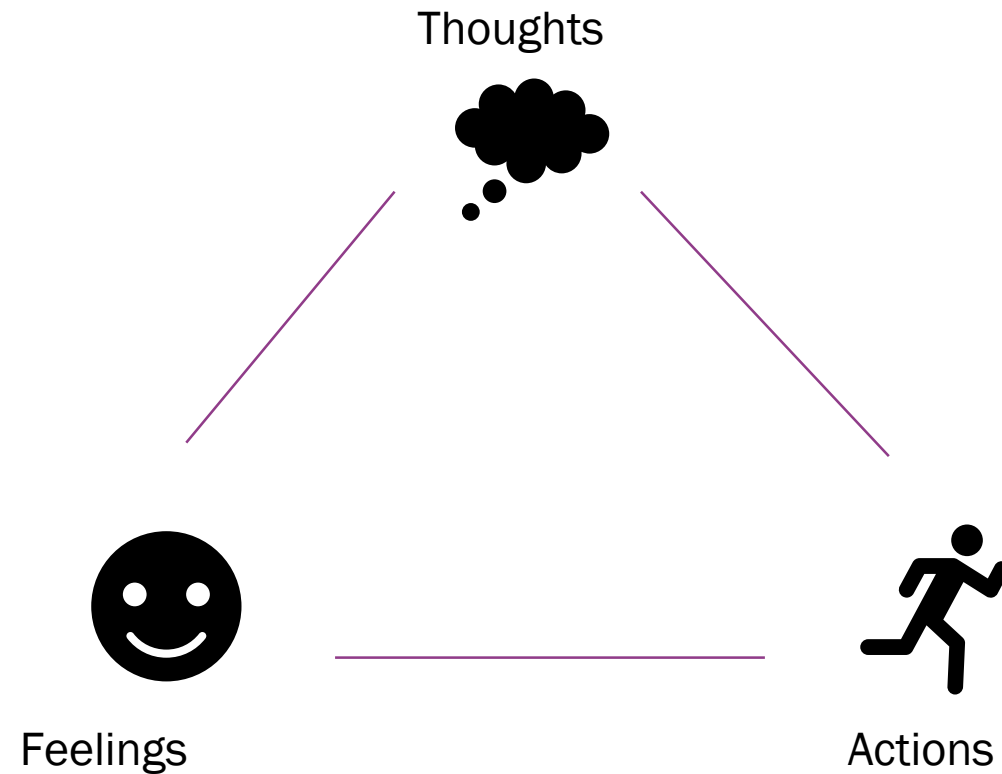
2022

What is Mental Health?

Spectrum for mental health



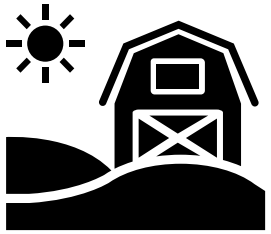
Mental health matters



What is a mental health challenge?

- There is a major change in a person's normal way of thinking, feeling, or acting.
- It interferes with the person's ability to live, laugh, love, and play fully
- It lasts longer than typical emotions

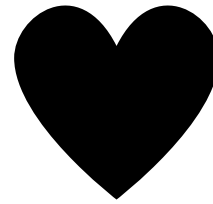
Impact of Mental Health Challenges



Live



Laugh



Love



Play

Mental Health Concerns are Common

1 in 5

youth in the United States will experience a mental health challenge by the time they are 18.



Mental Health Concerns are Common

50%

of all chronic cases of mental illness begin by age 14

75%

of all chronic cases of mental illness begin by age 24

Mental Health Concerns are Common

50%

of us will experience a mental health condition in our lifetime

Mental Health Disorders



Anxiety Disorders

Depressive Disorders

Eating Disorders

Psychotic disorders

Traumas and Stress Related Disorders

Substance Use disorders

ADHD

How to help



Mental Health Challenges: Feelings



- Low mood
- Being irritable, angry, stressed, or nervous more than usual
- Feeling hopeless

Mental Health Challenges: Actions



- Withdrawing from friends and family
- Withdrawing from activities that use to be enjoyable
- Difficulties with relationships
- Declining grades/interests in school
- Changes in sleep, exercising, eating
- Using or increasing use of substances

Mental Health Challenges: Thoughts



- Difficulty thinking, concentrating or remembering
- Strange or unusual thoughts about world
- Ongoing negative thoughts about self
- Thoughts of suicide

Myth or Fact

No one can stop a suicide, it is
inevitable.

MYTH

Myth or Fact

Confronting a person about suicide will
only make them angry and increase
the risk of suicide.

MYTH

Myth or Fact

Only experts can prevent suicide.

MYTH

Myth or Fact

Suicidal people keep their plans to themselves.

MYTH

Myth or Fact

Those who talk about suicide don't
do it.

MYTH

Myth or Fact

Once a person decides to die by suicide, there is nothing anyone can do to stop them.

MYTH

How to help



Approaching the Conversations

- Limit distractions
- Be respectful
- Listen non-judgmentally
- Be aware of your limitations and resources

Some ways to start the conversation

Seems like you haven't been yourself lately. What's up?

I've noticed you haven't been turning in your assignments on time. What's going on?

Seems like something's up. Do you wanna talk about what's going on?

Hey, we haven't talked in a while. How are you?

No matter what you are going through, I've got your back.

During the conversation

- Listen up!
- Let your friend/student/coworker take the lead
- Encourage them to talk to an expert
- Keep it relaxed
- Validate feelings
- If worried about suicide, ask the question

If worried about suicide...ask.

Statement of Gratitude +
Something you've noticed +
Are you thinking about suicide

Words matter

Instead of...	Try saying...
You'll get over it in no time.	Give yourself plenty of time to heal.
I know how you feel.	Are you okay?
Snap out of it.	I can see you're hurting.
It's for the best.	That must be really hard.
You'll be fine.	I'm here for you.
You should do....	How can I help.
At least...	Wow, I don't know what to say. I'm just really glad you told me.

After the conversation



- Reach out to professional help, if needed
- Keep the invitations coming
- Cultivate your own support system
- Practice self-care for yourself Know the resources

KNOW YOUR RESOURCES



Counselors/Advisors
Center for Community
Resources (CRC)

Centre Helps

Other community
Resources



National Suicide
Prevention Lifeline
988

Trevor Project
1-866-488-7386



Crisis Text Line

Text PA to 741741

Taking care of yourself

Components of Compassion Resilience

Expectations

- Realistic ones for self
- Realistic ones for others

Boundary Setting

- Know what you want/can say

Family or Staff Culture

- Connecting with colleagues in a way that helps and heals

Self-Care

- Mind
- Spirit
- Strength
- Heart

The “Wellness Compass”



HEART

Relationships: the ability to create and maintain healthy connections with others in your life

Emotions: the ability to express your emotions and receive others’ emotions in a healthy way



MIND

School/Work: the ability to get the most out of educational, volunteer, and employment opportunities

Organization: the ability to manage time, priorities, money, and belongings



SPIRIT

Core Values: the development of a personal value system that supports your sense of meaning and purpose

Rest & Play: the ability to balance work and play to renew yourself



STRENGTH

Stress Resilience: the ability to deal positively with the challenges of life

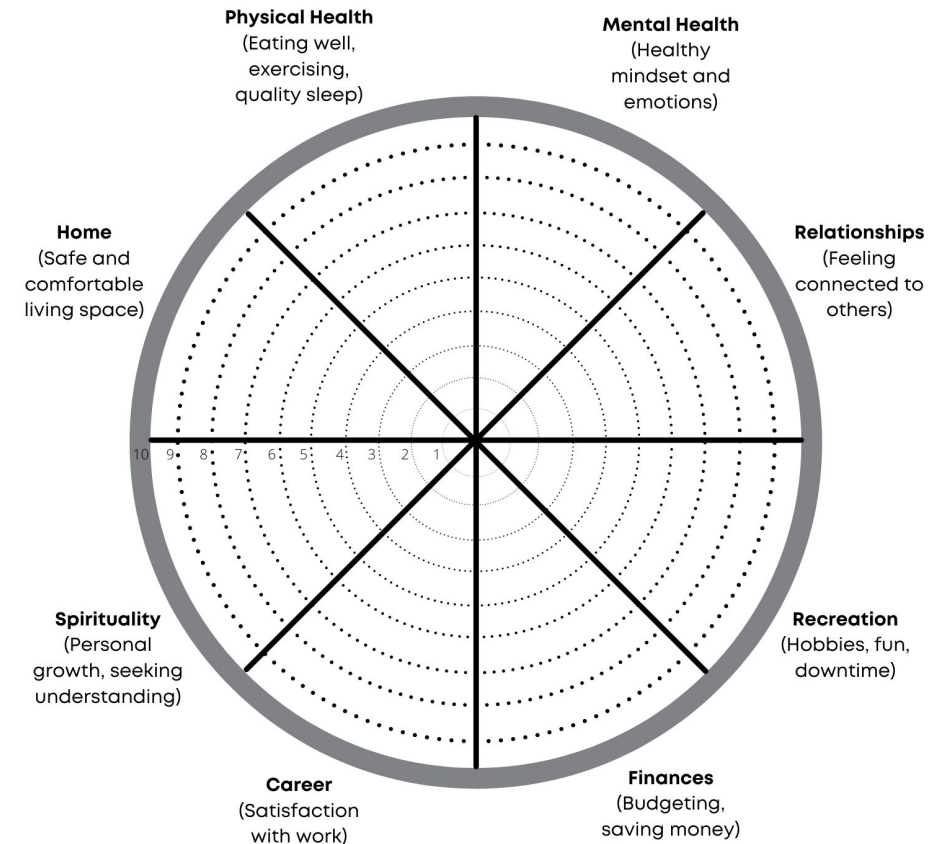
Care for My Body: the ability to build healthy habits around your physical well-being, and to end unhealthy habits



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Compassion Resilience Toolkit

WELLNESS WHEEL



The wellness wheel, www.theblissfulmind.com

www.janamariefoundation.org

Create a self-care action plan.

Self-Care 101- Get Back to Basics

Care For Your Five Senses

What can you focus on today?



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For more information

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