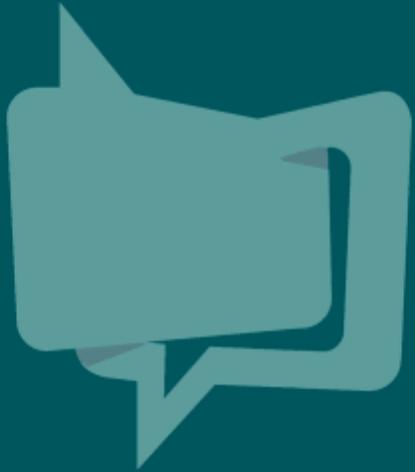


Suicide Prevention Week 2020



Know the Signs >> Find the Words >> Reach Out



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).



**Sandra Black
Yolo, CA**

**Jana Sczersputowski,
Stephanie Ballard and
Stan Collins
San Diego, CA**



Welcome



Together.

Each Mind Matters is millions of individuals and thousands of organizations working to advance mental health. We are California's Mental Health Movement.





- Please mute your line
- If you have a question, technical problem or comment, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel

We will be recording this presentation and you will receive a copy of the recording and the slides.

Know the Signs is a statewide suicide prevention social marketing campaign with the overarching goal to increase Californians' capacity to prevent suicide by encouraging individuals to know the signs, find the words to talk to someone they are concerned about, and to reach out to resources.

KNOW THE SIGNS



50%

Californians were exposed to the Know the Signs campaign that was rated by an expert panel to be **aligned with best practices** and one of the best media campaigns on the subject.

"The results provide further evidence that the **Know the Signs** campaign is making Californians **more confident in their ability to intervene** with someone at risk of suicide."
(RAND Corporation, 2015)

PAIN ISN'T ALWAYS OBVIOUS.

Every day friends, family and co-workers suffer from the invisible wounds of emotional pain. Talking about this pain, feelings of suicide or the need for help may be too difficult and although their pain may go unseen most people thinking of suicide show some type of signs. They may be subtle, but they are there.

By recognizing those signs, finding the words, and reaching out you have the power to make a difference, and the power to save a life.

- Start
- Know
- Find
- Reach
- Share

RECOGNIZE THE WARNING SIGNS

Read On +

LEARN HOW TO HAVE A CONVERSATION

Get Started +

REACH OUT FOR ADDITIONAL RESOURCES

Learn More +



suicideispreventable.org |
elsuicidioesprevenible.org

KNOW THE SIGNS

Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. **If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, step in or speak up.**

Select a category



TEENS
THE SIGNS
OLDER ADULTS



"He kept showing me things around his apartment when I came over, like where he kept his keys, money, important papers, and even his will. But he was only 28 years old. When I questioned him, he said 'I'm telling you just in case I'm not here anymore'."

Giving away possessions

They give away prized or favorite possessions.

If any of these signs are present, call the [National Suicide Prevention Lifeline](https://www.national suicide prevention lifeline.org) at 1-800-273-8255.

- Talking about death or suicide
- Seeking methods for self harm, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason

FIND THE WORDS

"Are you thinking of ending your life?" Few phrases are as difficult to say to a loved one. But when it comes to suicide prevention, none are more important. Here are some ways to get the conversation started.

1

Start the conversation

2

Listen, express concern, reassure

3

Create a safety plan

4

Get help

WHAT NOT TO SAY

REACH OUT

You are not alone in helping someone in crisis. There are many resources available to assess, treat and intervene. Crisis lines, counselors, intervention programs and more are available to you, as well as to the person experiencing the emotional crisis.



County Resources

San Diego

San Diego

Crisis Lines

2-1-1

2-1-1

24/7 stigma-free phone service

San Diego Access & Crisis Line

888-724-7240

Free 24 hours a day/ 7 days a week this serves as a suicide prevention/intervention hotline. It provides mental health crisis intervention and information and referral to mental health services in San Diego County, including referrals to mental health care professionals and alcohol treatment and recovery services. Service is available in multiple languages.

Programs

It's Up to Us Campaign

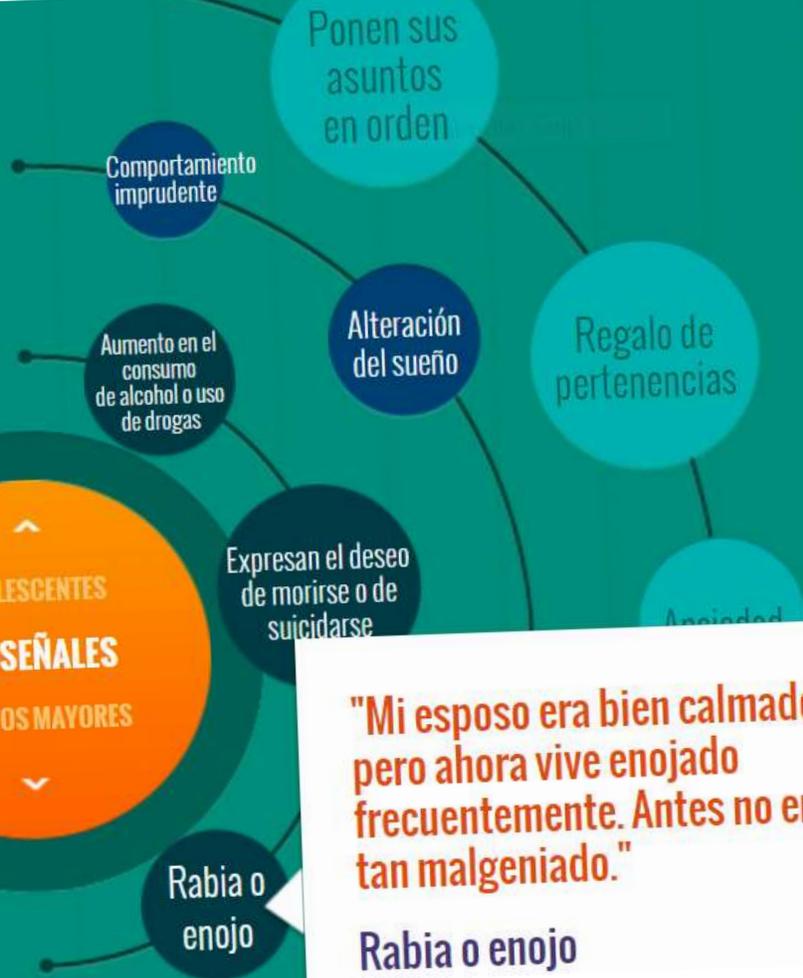
<http://www.up2sd.org/>

The *It's Up to Us* campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. By raising awareness and providing access to

LAS SEÑALES

El sufrimiento no siempre se nota, pero la mayoría de las personas suicidas muestran algunas señales de lo que están pensando. Las señales se pueden manifestar por medio de conversaciones, en su manera de actuar o en sus comentarios en las redes sociales. **Si observa, aunque sea una de estas señales, especialmente si nota que el comportamiento es algo nuevo, que ha incrementado o que parece ser a causa de una pérdida, un cambio o un evento trágico, actúe o diga algo inmediatamente.**

Escoja una categoría



"Mi esposo era bien calmado, pero ahora vive enojado frecuentemente. Antes no era tan malgeniado."

Rabia o enojo

Si alguno de estas señales de advertencia está presente, llame a la [Red Nacional de Prevención del Suicidio](#) al 1-800-989-9151.

Suicide Prevention Resources

A wide range of mental health and suicide prevention educational resources are available for diverse communities across the lifespan:

- African American
- API youth
- Cambodian
- Chinese
- Filipino
- General public
- Hmong
- Individuals in crisis
- Korean
- Lao
- LGBTQ youth and young adults
- Middle aged men
- Spanish-speaking
- Vietnamese
- Russian
- Punjabi



EMMResourceCenter.org



- MY3 mobile app (my3app.org)
- Training Resource Guide for Suicide Prevention in Primary Care Settings (Train the Trainer)
- Making Headlines: Preparing you to reach out and respond to local media for suicide prevention
- Pathways to Purpose and Hope: A guide to create a sustainable program for survivors of suicide loss
- Directory of Survivor of Suicide Loss Support Groups
- How to use social media for suicide prevention

SuicidePreventionWeek2020

Hope, Resilience & Recovery



Funded by counties through the Mental Health Services Act (Prop 63).

suicideispreventable.org

Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020
World Suicide Prevention Day September 10
National Recovery Month September



Funded by counties through the Mental Health Services Act (Prop 63).

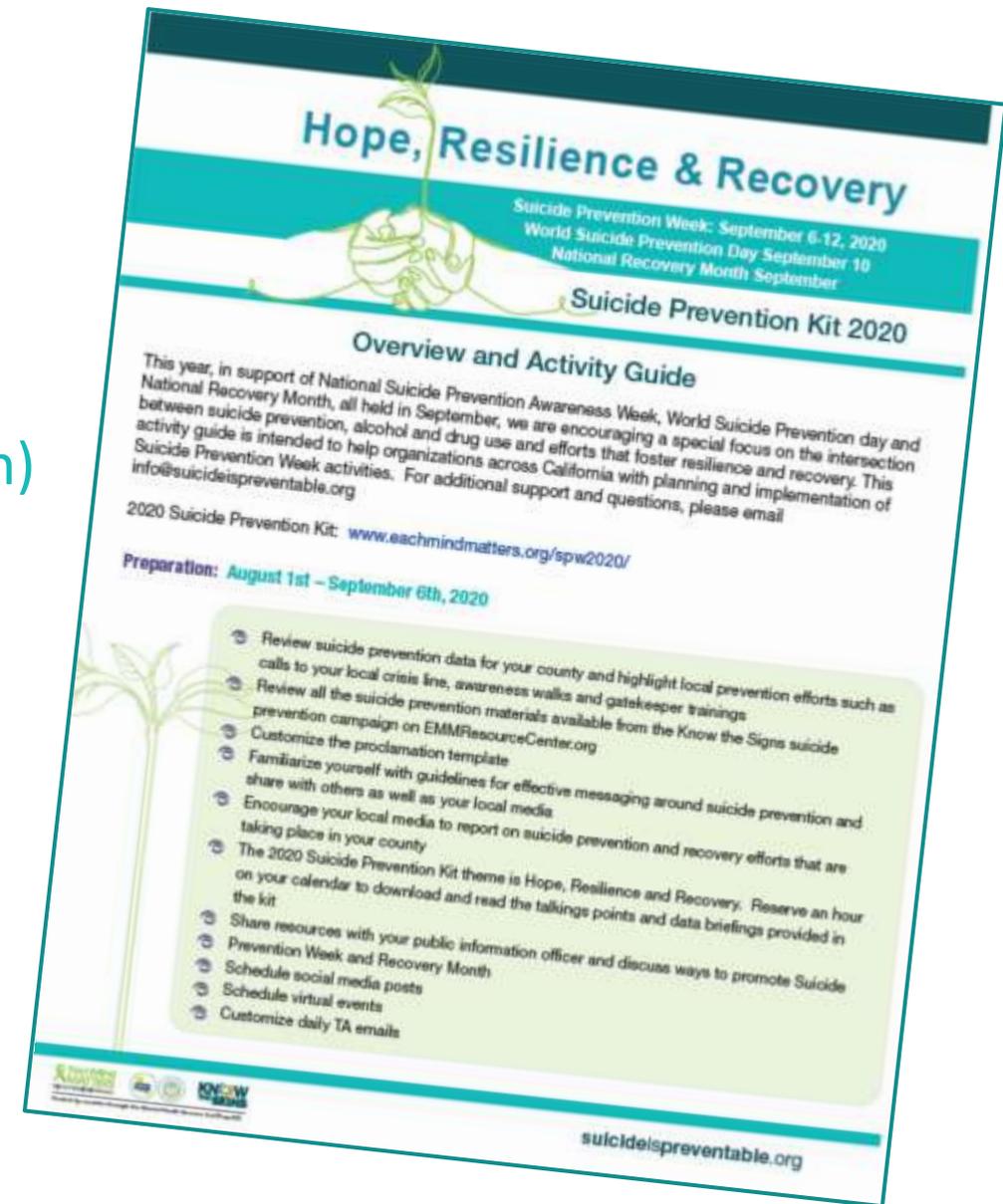
suicideispreventable.org

Suicide Prevention Activation Kit 2020- General Public

The Online Activation Kit Includes:

- Virtual Activity Guide
- Proclamation Template (English)
- Social Media Posts (English and Spanish)
- Suicide Prevention Week Poster (English and Spanish)
- Digital Banners (English and Spanish)
- Drop-in Articles (English and Spanish)
- Daily E-mail Blasts (English and Spanish)
- Links to Helpful Resources & Messaging
- Links to Know the Signs resources
- Suicide Prevention 101 Slides
- Links to COVID-19 mental health resources

www.eachmindmatters.org/SPW2020/





#SuicidePreventionWeek2020 Resilience & Recovery

Suicide Prevention Resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Veterans: Press 1

En Español: 1-800-628-9454

For Deaf & Hard of Hearing: 1-800-799-4889

Text EMM to 741741

Text with a trained counselor from the Crisis Text Line for free, 24/7

Each Mind Matters Resource Center www.EMMResourceCenter.org
For suicide prevention resources in many different languages.

The Trevor Project

Phone, chat, and text support for LGBTQ+ youth.

1-866-488-7386

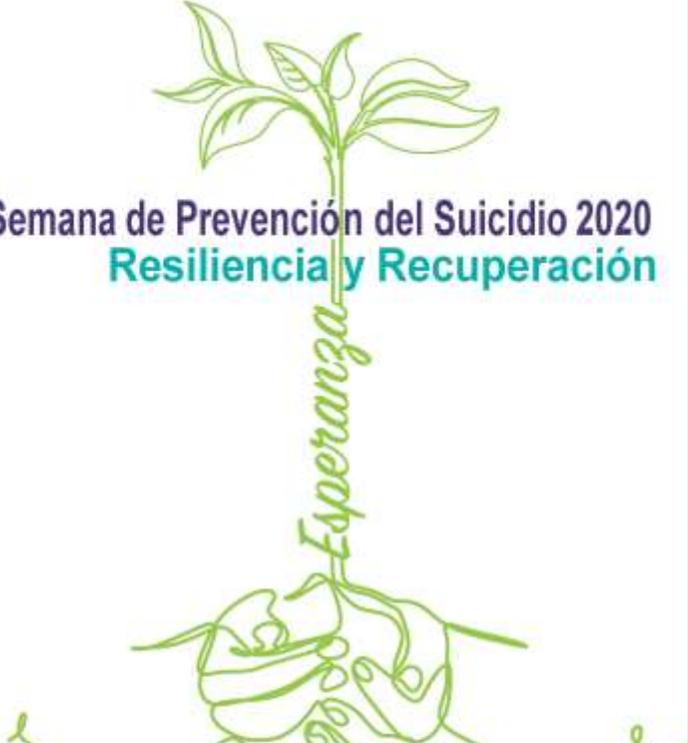
www.thetrevorproject.org/get-help-now/

Friendship Line

1-800-971-0016

Crisis and warm line for adults 60 years and older operated by Institute on Aging

suicideispreventable.org



#Semana de Prevención del Suicidio 2020 Resiliencia y Recuperación

Recursos para la Prevención del Suicidio

Red Nacional de Prevención
del Suicidio:

1-888-628-9454

Veteranos: Oprime 1

Capacidad de TTY: 1-800-799-4TTY (4889)
(sólo en inglés)

SanaMente

El movimiento de salud mental de California
www.sanamente.org/

Reconozca las Señales

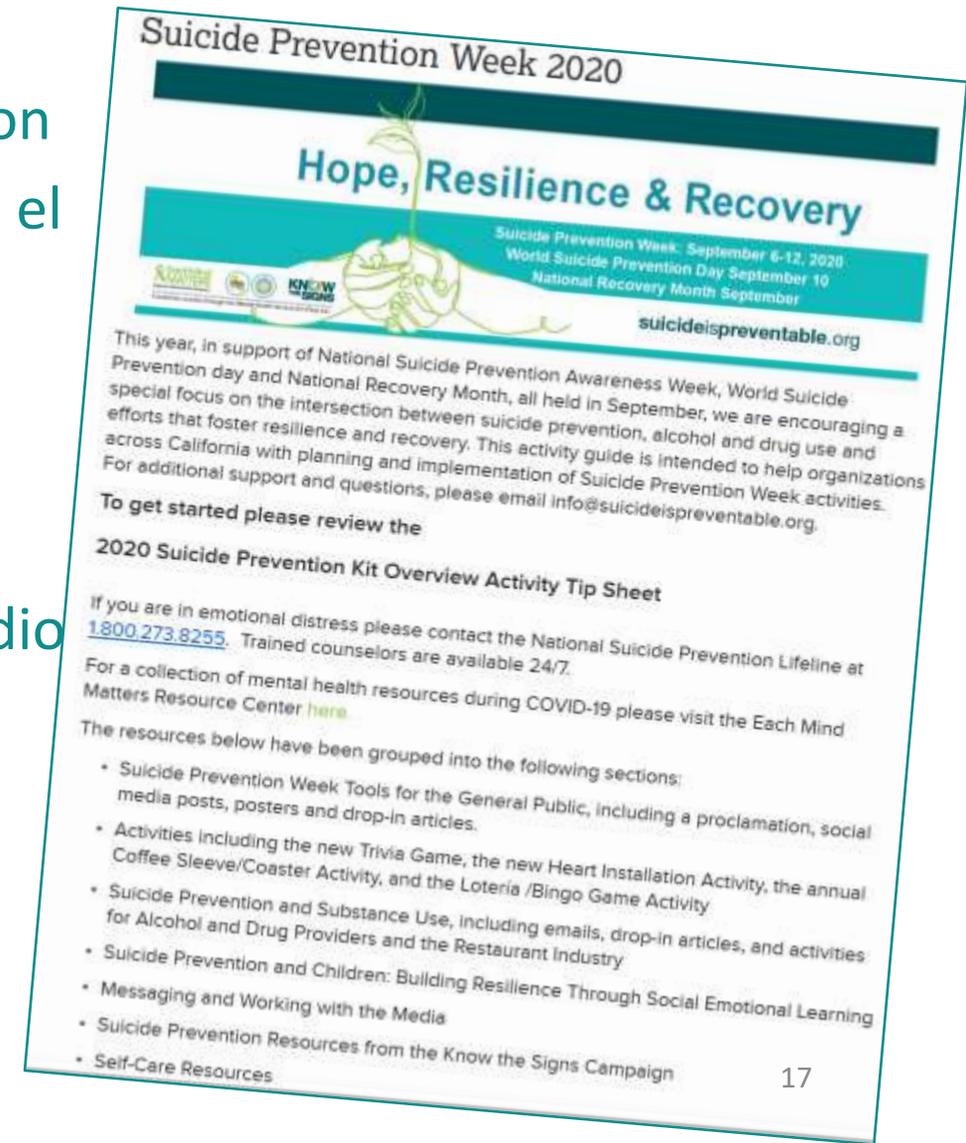
Visite www.elsuicidioesprevenible.org/
para recursos de prevención del suicidio

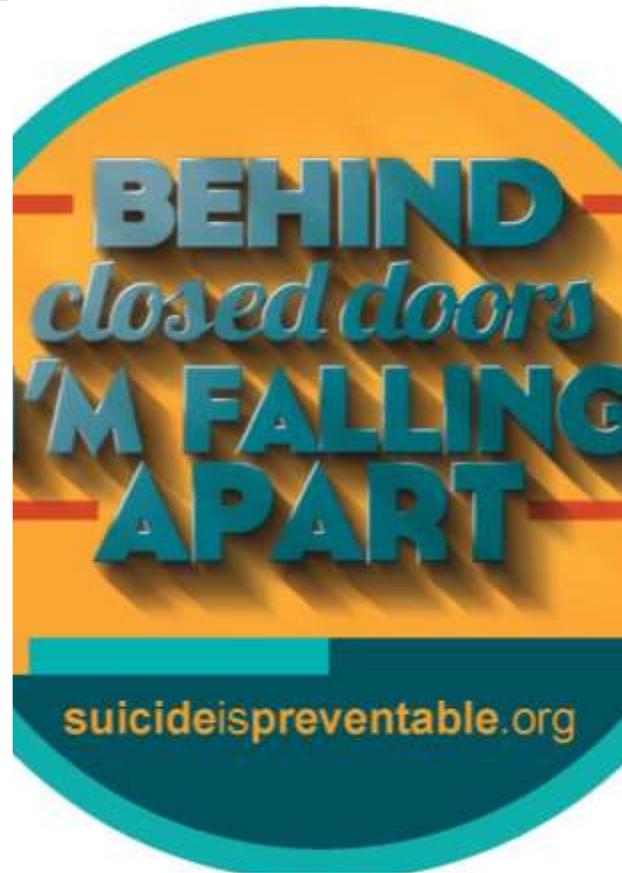
elsuicidioesprevenible.org



Drop-In Articles for the General Public

- Hope, Recovery and Resilience
- Finding the Right Tool for (the Job) of Suicide Prevention
- ¿Qué harías si supieras que tu joven esta pensando en el suicidio?
- Is Suicide Preventable?
- Helping Someone Find Their Reasons for Living During COVID-19
- Apoya a alguien que pueda estar pensando en el suicidio
- Suicide Prevention is Everyone's Business
- Older Adults and Depression: It's Not a Normal Part of Aging
- Don't Drive Like My Brother





ería: #1

El sufrimiento no siempre se nota
RECONOZCA LAS SEÑALES
 El Suicidio Es Prevenible

<p>nimiento el las viven o de al se perar</p>			<p>Pregunte Directamente</p>
	<p>"Me quiero morir."</p>	<p>SanaMente www.SanaMente.org</p>	
<p>8. 454</p>	<p>GRATIS</p>		<p>www. ElSuicidioEsPrevenible.org</p>
<p>La familia estaría mejor sin mí."</p>		<p>El sufrimiento no siempre se nota</p>	<p>testamento</p>



Coaster & Coffee Sleeve Activities

Lotería/Bingo Game

New Activity: Trivia Game (English and Spanish)



🌀

In 2017, the music artist Logic released a song featuring the National Suicide Prevention Lifeline number.

What was the name of the song?

🌀

ANSWER: 1-800-273-8255

The title of the song is the phone number for the National Suicide Prevention Lifeline. Skilled and trained counselors are available 24/7 to talk, answer questions, and help people navigate a suicidal crisis for themselves or someone they are concerned about. You are not alone.

You can learn more about it, here:
www.suicidepreventionlifeline.org





Virtual Trivia



Trivia is a recognized social game in which teams are asked questions about different topics and they have to get as many correct answers and points as possible. Utilize this trivia game as part of events, parties or with a group of friends and family virtually!

What's in the Game:

- 🌀 Instructions
- 🌀 Trivia PowerPoint

What You'll Need:

- 🌀 Download Zoom or other video conferencing platform
- 🌀 1 – 2 people to act as the Trivia Judge and/or Score Keeper
- 🌀 Piece of paper and writing utensil to keep track of each response
- 🌀 Timer or clock to keep track of the time for each question





Topic of Focus: Suicide Prevention and Substance Use



Talking Points and Data Briefing on the Intersection of Substance Use and Suicide Prevention

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. This year, in support of National Suicide Prevention Awareness Week and World Suicide Prevention Day, also held in the month of September, we are encouraging a special focus on the intersection between alcohol and drug use and suicide prevention. The observances are closely related, as there's a strong co-morbidity and substantial overlap among risk and protective factors.

- Alcohol and Drug Use Disorders have been found to be second only to Depression and other Mood Disorders as the most frequent risk factors for suicidal behavior (1).
- Increased alcohol and drug use has often been reported as a warning sign for suicide (2).
- Individuals with a diagnosable substance use disorder are almost 6 times more likely to report a lifetime suicide attempt than those without a substance use disorder (3).
- Numerous studies of individuals in drug and alcohol treatment programs show that past suicide attempts and current suicidal thoughts are common (4,5).

Commonly Used Terms

Substance Use: the use of alcohol or drugs, and includes substances such as cigarettes, marijuana, illegal drugs, prescription drugs, inhalants and solvents.

Substance Misuse: the harmful or hazardous use of substances including alcohol and drugs such as cigarettes, marijuana, illegal drugs, prescription drugs, inhalants and solvents.

Substance Use Disorder: the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) defines this as a condition for when the recurrent use of alcohol and/or drugs causes clinically significant health problems, disability, or other adverse consequences.



IN BRIEF

2016



term used including seeking,

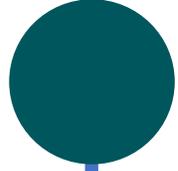
**SUBSTANCE USE AND SUICIDE:
A NEXUS REQUIRING A
PUBLIC HEALTH APPROACH**

Suicides and Suicide Attempts are Significantly Affected by Substance Use

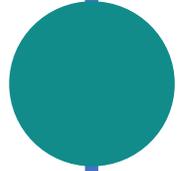
- Alcohol and Drug Use Disorders have been found to be second only to Depression and other Mood Disorders as the most frequent risk factors for suicidal behavior.
- Increased alcohol and drug use has often been reported as a warning sign for suicide.
- Individuals with a diagnosable substance use disorder are almost 6 times more likely to report a lifetime suicide attempt than those without a substance use disorder.
- Numerous studies of individuals in drug and alcohol treatment programs show that past suicide attempts and current suicidal thoughts are common.
- An increase or change in alcohol and drug is a warning sign for suicide.

Shared Risk Factors	Shared Protective Factors
<ul style="list-style-type: none"> • Academic failure • Aggressive tendencies or history of violent behavior • Bullying, victimization • Family conflict • History of trauma or abuse • Hopelessness, impulsivity, low self-esteem • Mental illness and/or substance use disorder • Peer rejection • Physical illness or chronic pain • Previous suicide attempt(s) • Relational, social, work, or financial losses • Social withdrawal 	<ul style="list-style-type: none"> • A trusting relationship with a counselor, physician, or other service provider • An optimistic or positive outlook • Childrearing responsibilities • Coping and problem-solving skills • Cultural and religious beliefs that discourage suicide • Employment • Involvement in community activities • Perceiving that there are clear reasons to live • Receiving effective mental and/or substance use disorder treatment/care • Resiliency, self-esteem, direction, perseverance • Sobriety • Strong family bonds and social skills

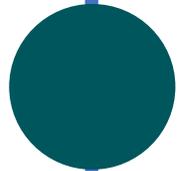
IN THE WEEDS? THERE'S HELP.
 CALL 1-800-272-8288 OR TEXT HOPE TO 314-448-4274
 FOR 24/7 CONFIDENTIAL CRISIS SUPPORT



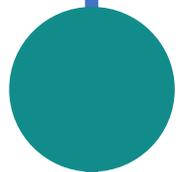
Research briefing and talking points, including ways to partner with AOD providers and the Restaurant Industry



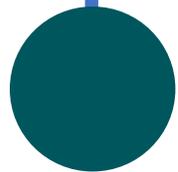
Email and Drop-in article (for blogs and internal/external newsletters).



Resources for AOD providers, including a psychoeducational / process Client Group Activity



Resources for the Restaurant Industry to share with employees



New Activities: Trivia Game & Heart Installation



Partners in Suicide Prevention & Addiction Recovery: AOD Providers

How Can We Get Alcohol and Other Drug (AOD) Treatment Providers Involved?

- Invite AOD providers to participate in suicide prevention gatekeeper trainings, or if you are an AOD provider, request a suicide prevention presentation or training from your local county behavioral health agency.
- Ask AOD providers to share information about suicide prevention in their publications and on social media.
- Ask AOD providers to post one or more of the 'Know the Signs' posters in their building.
- Share the educational (and fun!) suicide prevention activities that can be integrated into the clinical practices

Email & Drop-In Article

Email: 5 Ways to Incorporate Suicide Prevention in AOD Settings

1. Know the Signs for Suicide
2. Raise Awareness with Clients
3. Implement Suicide and Risk Screening Tools
4. Learn More About Incorporating Suicide Prevention Practices
5. Inspire Hope and Celebrate Recovery

Drop-In Article:

- Introduce Suicide Prevention & Recovery Month
- Focus on Suicide Can Be Prevented
 - Know the Signs
 - Find the Words
 - Reach Out
- Help is Available

5 Ways to Incorporate Suicide Prevention in Alcohol and Other Drug Treatment Settings

This year, in support of National Recovery Month, National Suicide Prevention Awareness Week and World Suicide Prevention Day, all held in September, we are encouraging a special focus on the intersection between alcohol and drug use and suicide prevention. The observances are closely related as research has consistently shown a strong co-morbidity and substantial overlap between risk and protective factors. Further, research has shown a high incidence of suicidal thoughts and attempts amongst individuals in alcohol and other drug treatment, as well as a significant occurrence of death by suicide amongst individuals who have at one time been in alcohol and drug treatment. Due to this, alcohol and other drug treatment and prevention of suicide is an opportunity to be a key resource for early detection and prevention of suicide.

Suicide can be prevented. Most of us have been touched by the tragedy of suicide. We may have lost someone close to us or been moved by the loss of someone we may have never met. For example, when Robin Williams died in 2014 millions of people felt intense grief. When a suicide happens, those left behind often experience deep shock. Even if they knew the person was struggling, they may not have expected suicide would be the result. However, many people who find themselves in a suicide crisis can and do recover. Suicide can be prevented; you can help by taking the following actions:

- **Know the Signs:** Most people who are considering suicide show some warning signs or signals of their intentions. Learn to recognize these warning signs and how to respond to them by visiting the Know the Signs web site (www.suicideispreventable.org).
- **Find the Words:** If you are concerned about someone, ask them directly if they are thinking about suicide. This can be difficult to do, but being direct provides an opportunity for them to open up and talk about their distress and will not suggest the idea to them if they aren't already thinking about it. The "Find the Words" section of the Know the Signs web site (www.suicideispreventable.org) suggests ways to start the conversation.
- **Reach Out:** You are not alone in this. Before having the conversation, become familiar with some resources to offer to the person you are concerned about. Visit the Reach Out section of the Know the Signs web site (www.suicideispreventable.org) to identify where you can find help for your friend or loved one.

Help is available

The Suicide Prevention Lifeline (1-800-273-8255- TALK) offers 24/7 free and confidential

Warning signs and risk
keeper trainings such as
conversations and materials
the Signs tent cards or hanging
involved by integrating activities
utilizing our Suicide Prevention

helps identify problems early so
their problems become crises. Be
reening will guide the user to the

New Activity: Psycho-Educational/Process Client Activity

As psycho-educational and process groups are common in the alcohol and other drug treatment setting, we will provide an outline along with talking points on a suicide prevention and safety planning group session.

Objectives:

- Clients will understand warning signs of suicide and how to recognize them.
- Clients will explore their own, as well as hear from others, coping strategies and sources of support.
- Clients will learn what a safety plan is.

Time: 45 – 90 minutes

The image displays a 'Patient Safety Plan Template' and a National Suicide Prevention Lifeline poster. The template is a worksheet with five steps for creating a safety plan:

- Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:** 1. _____ 2. _____ 3. _____
- Step 2: Internal coping strategies - Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):** 1. _____ 2. _____ 3. _____
- Step 3: People and social settings that provide distraction:** 1. Name _____ Phone _____ 2. Name _____ Phone _____ 3. Place _____ 4. Place _____
- Step 4: People whom I can ask for help:** 1. Name _____ Phone _____ 2. Name _____ Phone _____ 3. Name _____ Phone _____
- Step 5: Professionals or agencies I can contact during a crisis:** 1. Clinician Name _____ Clinician Pager or Emergency Contact # _____ Phone _____ 2. Clinician Name _____ Clinician Pager or Emergency Contact # _____ Phone _____ 3. Local Urgent Care Services _____ Urgent Care Services Address _____ Urgent Care Services Phone _____ 4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (2725)

The poster below the template features the following text: 'IT'S NOT OBVIOUS', 'National Suicide Prevention Lifeline Call 24/7 1-800-273-8255', 'Pain isn't Always Obvious KNOW THE SIGNS Suicide is Preventable', and 'PAIN ISN'T ALWAYS OBVIOUS'. It also includes the slogan 'TAKE THE FIRST STEP AND OPEN UP' and the website 'suicide-preventable.org'.



1. To start, find a wall space that is at least five feet wide by five feet high. A painted wall is the best surface. Using the gridline templates here, place light blue, purple or lime green sticky notes onto the wall, arranged in the shape of a heart. Use the grids pictured above to form a 2.5 x 2.5 feet or 5x5 foot heart wall installation or visit the website below to download the templates.
2. Respond to one of the prompts below by writing or drawing on one of the sticky notes. Read and be inspired by what others have written as well.
 - ♥ Leave a positive message to brighten someone's day.
 - ♥ What is the best thing someone could say to you when you need support?
 - ♥ Why is it important to speak openly about Suicide Prevention and Recovery?
 - ♥ What is one thing that is most important to you and worth living for?
3. To share your creation and inspire others to reduce stigma and learn about suicide prevention, snap a photo and upload it to social media. Don't forget to tag @EachMindMatters on Instagram, Twitter and Facebook and use #EachMindMatters.



Partners in Suicide Prevention & Addiction Recovery: Culinary Industry

Learn about restaurant initiatives that might be happening in your county or bring one to your county!

Offer to partner with restaurants to promote wellness, stigma reduction, and suicide prevention among restaurant staff.

Ask local restaurant associations to share suicide prevention information in their staff communication, post Know the Signs posters in their common areas, and share social media posts during September and throughout the year.

Connect with the restaurant industry in your area to offer suicide prevention gatekeeper trainings for employees.

Contact individual restaurants or reach out to the California Restaurant Association to ask about chapters in your area.

Share 'Know the Signs' coasters with local restaurants and bars.

Partner with a local restaurant to host a Trivia night!

Know the Warning Signs

In an environment where long hours, late nights, and limited – if any – health coverage, I Got Your Back is a statement that it's not okay to shrug off the warning signs.





Hope Journal Bookmark

Decorate a journal or piece of paper and use these writing prompts to stimulate mindfulness, reduce stress and worry, and to work through thoughts and emotions you are experiencing.

hope

- What is your wildest dream? Imagine anything is possible!
- Write about a moment when you felt loved. What made you feel loved?
- What are three things that make you feel better when you are feeling down?
- Write about a unique quality you have that makes you "special".
- When was the last time you helped someone else? How did that make you feel?
- What is something that you have done that you are proud of? Why are you proud of it?
- Who do you talk to when you have a problem? How do they help?
- Write down everything that is happening around you at this moment. Write down what you see, hear, smell, feel.



For more resources visit www.EMMResourceCenter.org



suicideispreventable.org

Suicide Prevention and Children: Building Resilience Through Social Emotional Learning

Talking Points and Data Briefing on Younger Children and the Importance of Social Emotional Learning

Take-Home Points:

- Suicidal behavior (ideation, attempts, and deaths) among younger children (age 5-12) is relatively infrequent but increases among adolescence and youth.
- Data on suicide among young children is difficult to interpret because the numbers are low and there are many different data sources to compare. Review local data and collaborate with the Child Death Review Team to accurately understand the problem in your community.
- Risk factors for suicidal behavior in younger children include behavioral problems, exposure to trauma, conflict with families or peers; these risk factors are shared with other negative outcomes including child abuse and neglect, and family and community violence.
- Suicide prevention for younger children is best focused on promoting protective factors and building resiliency and reducing stigma around mental health.
- Social and Emotional Learning is a powerful tool to help younger children cope with and manage their emotions and stressful situations.
- School-based and community settings can integrate Social and Emotional Learning programs into their curriculums and practices.

Suicidal Behavior in Younger Children

Suicidal behavior (ideation, attempts, and deaths) among younger children is relatively infrequent. Data on suicidal behavior among younger children is difficult to interpret because the numbers are low, and studies typically analyze many years to decades of data from multiple sources, which can make it challenging to compare results and identify clear trends. The data presented in this briefing focuses on younger children under age 13.

The leading causes of death among younger children are preventable unintentional injuries and violence (CDC). While overall childhood deaths from unintentional injury have decreased substantially as injury prevention efforts have taken hold, between 2007-2015 the rates of suicide and nonfatal self-harm among adolescents (10-14 years) increased by 130%. The most common means of suicide were suffocation, firearms, and poisoning. The leading causes of nonfatal self-harm were poisoning and cutting/piercing.

Talking Points and Data Briefing: Suicide Prevention and Children: Building Resilience Through Social and Emotional Learning

- Suicidal behavior (ideation, attempts, and deaths) among younger children (age 5-12) is relatively infrequent but increases among adolescence and youth.
- Risk factors for suicidal behavior in younger children include behavioral problems, exposure to trauma, conflict with families or peers; these risk factors are shared with other negative outcomes including child abuse and neglect, and family and community violence.
- Suicide prevention for younger children is best focused on promoting protective factors and building resiliency and reducing stigma around mental health.
- Social and Emotional Learning is a powerful tool to help younger children cope with and manage their emotions and stressful situations.

Social-Emotional Learning for Suicide Prevention

SEL is the process, through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



- The skills and strategies that children and teens gain through Social Emotional Learning (SEL) have been shown to increase protective factors and reduce risk factors associated with suicide.
- A growing body of research supports the use of evidence-based SEL programming in the school setting as an “upstream” suicide prevention strategy.
- Effective SEL strengthens protective factors against suicide and other self-destructive behaviors through:
 - Problem solving
 - Conflict resolution
 - Nonviolent ways of handling disputes
 - Enhanced sense of connectedness

Now with information on times to connect

talk + play

CONNECT

with your kids... It adds up!

preschoolers • school-age • teenagers

For Families

ing and playing is so important

parents and kids by talking and dealing with feelings

18th - at any age!

Yolo County Children's Alliance



We Do

- Support Programs +
- Parent Education x
- Parent Education Guides x
- Handling Your Child's Challenging Behaviors at Every Age
- Nurturing Children During Times of Stress Guide
- Weathering the Storms: A Guide to Healthy Expressions of Emotions
- Make Time for Yourself—A Self-Care Guide for Busy Parents

CO

Tiempo

Play=Connect Toolkit for Families

Bebés • niños pequeños • Child Care

Información

Crying

¿QUÉ HAY DETRÁS?

- Información sobre el programa
- Dirección para saber cómo hacer programas
- Actividades para usar que pueden ayudar

Parent Education Guides

To support you as you raise your children, Yolo County Children's Alliance created parenting materials just for you and your family.

We hope the information in these guides will give you ideas about how to nurture your child, weather emotional storms, take care of yourself, and spend time with your child, while also helping you feel empowered and close to your child. Click on one of the guides below to learn more:

- [Handling Your Child's Challenging Behaviors at Every Age](#)
- [Nurturing Children During Times of Stress: A Guide to Help Children Bloom](#)
- [Weathering the Storms: A Guide to Healthy Expressions of Emotions for Parents and Children](#)
- [Make Time for Yourself—A Self-Care Guide for Busy Parents](#)
- [Talk+Play=Connect Toolkit for Families](#)
- [Choosing a Child Care Provider](#)

If you provide services to families and would like to learn more about how to use these guides with the families you serve, please click [HERE](#).

YCCA received a 2018 Child Abuse and Neglect Prevention Award from the Office of Child Abuse Prevention for our parenting guides. Click [HERE](#).

Grades 2-3 SEL Activities

Self Care

TK-1

Grades TK-1

2-3

Grades 2-3

[Nutrition Facts and Activities](#)

Self Regulation

4-6

Grades 4-6

7-8

Grades 7-8

Feelings of Control ([English](#))([Spanish](#))
Coping Skills Worksheet ([English](#))

Mindfulness

Calming Activity: Deep Breathing ([English](#))

9-12

Social and Emotional Learning

Guidance and resources for supporting social and emotional learning.

Social and Emotional Support During Distance Learning

Visit the California Department of Education (CDE) [Social and Emotional Learning](#) resources for educators, educational leaders, and families/guardians to help students provide social and emotional supports during distance learning.

Social and Emotional Learning Basics

Social and Emotional Learning (SEL) reflects the critical role of positive social and emotional learning process and helps students develop a range of skills they need to succeed in college and careers.

- set and achieve positive goals
- feel and show empathy for others
- establish and maintain positive relationships
- make responsible decisions
- understand and manage emotions

All of these skills are necessary—both for educators and students—to function well in college and careers.

While many teachers instinctively know that social and emotional learning is important, history

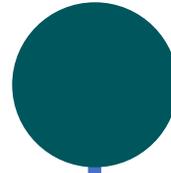
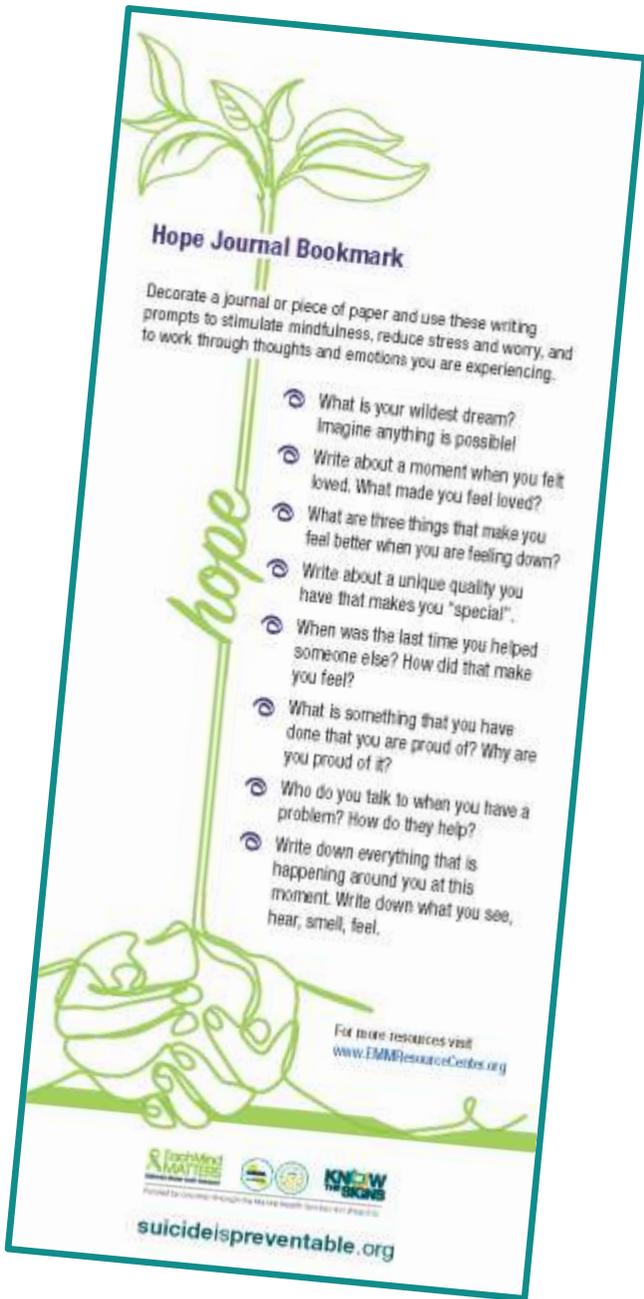
Trauma-Informed Approach to Teaching Through Coronavirus

Experts from the National Child Traumatic Stress Network share their recommendations for educators supporting students during the COVID-19 crisis.

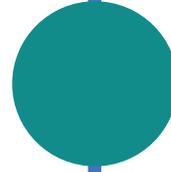
BY TEACHING TOLERANCE STAFF

MARCH 23, 2020

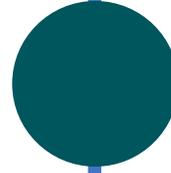




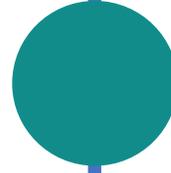
Research briefing and talking points, including ways to partner with parents and educators



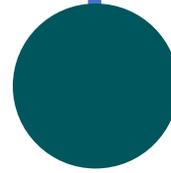
Email and Drop-in article



Resources for parents and educators to promote Social Emotional Learning



Suicide prevention webinar for parents and building resilience webinar for educators



New Activity: Hope Journal Bookmark

Hope, Resilience & Recovery



Funded by counties through the Mental Health Services Act (Prop 63).

Hope Journal Bookmark Activity

Social and Emotional Learning (SEL) is the process, through which children and adults learn to understand and effectively apply the knowledge, attitudes and skills necessary to understand their own emotions, set and achieve positive goals, feel and show empathy for others, maintain positive relationships, and make responsible decisions.

A fun and easy activity that encourages Social Emotional Learning with children and young adults is journal writing. This can be done in a group format or one-on-one. Journal writing can stimulate mindfulness, self-awareness, and



Hope Journal Bookmark

Decorate a journal or piece of paper and use these writing prompts to stimulate mindfulness, reduce stress and worry, and to work through thoughts and emotions you are experiencing.

- 1. What is your wildest dream? Imagine anything is possible!
- 2. Write about a moment when you felt loved. What made you feel loved?
- 3. What are three things that make you feel better when you are feeling down?
- 4. Write about a unique quality you have that makes you "special".
- 5. When was the last time you helped someone else? How did that make you feel?
- 6. What is something that you have done that you are proud of? Why are you proud of it?
- 7. Who do you talk to when you have a problem? How do they help?
- 8. Write down everything that is happening around you at this moment. Write down what you see, hear, smell, feel.

For more resources visit
www.EACHmindmatters.org



suicideispreventable.org

What's included:

- 🌀 Social Emotional Learning Journal Bookmark with writing prompts

What You'll Need:

- 🌀 Journal, if you're unable to purchase a journal, you can learn how to make one using only one piece of paper [here](#).
- 🌀 Items to decorate your journal such as coloring utensils, stickers, magazines and glitter
- 🌀 Writing utensil



Follow these steps to do the journal bookmark activity:

- ! To start, provide youth with their journal and items to decorate. Instruct youth to decorate the outside of their journal in a way that represents them. This is their space to dream, think and be whatever they want. They could utilize magazine clippings to make a collage or simply decorate with coloring utensils.





Hope, Resilience & Recovery



Suicide Prevention Week: September 6-12, 2020

World Suicide Prevention Day September 10

National Recovery Month September

Suicide Prevention Kit 2020

Overview and Activity Guide

This year, in support of National Suicide Prevention Awareness Week, World Suicide Prevention day and National Recovery Month, all held in September, we are encouraging a special focus on the intersection between suicide prevention, alcohol and drug use and efforts that foster resilience and recovery. This activity guide is intended to help organizations across California with planning and implementation of Suicide Prevention Week activities. For additional support and questions, please email info@suicidepreventionable.org

Preparation: August 1st – September 6th, 2020

- 
- 🕒 Review suicide prevention data for your county and highlight local prevention efforts such as calls to your local crisis line, awareness walks and gatekeeper trainings.
 - 🕒 Review the suicide prevention materials available from the Know the Signs suicide prevention campaign on on the [EMMResourceCenter.org](https://www.emmresourcecenter.org).
 - 🕒 Customize the proclamation template.
 - 🕒 Familiarize yourself with guidelines for effective messaging around suicide prevention and share with others as well as your local media.
 - 🕒 Encourage your local media to report on suicide prevention and recovery efforts that are taking place in your county.
 - 🕒 The 2020 Suicide Prevention Kit theme is Hope, Resilience and Recovery. Reserve an hour on your calendar to download and read the talkings points and data briefings provided in the kit.
 - 🕒 Share resources with your public information officer and discuss ways to promote Suicide Prevention Week and Recovery Month.
 - 🕒 Schedule social media posts.
 - 🕒 Schedule virtual events.
 - 🕒 Customize daily TA emails.

Suicide Prevention Week (September 6-September 12, 2020)

Monday, September 7th, 2020 (Hope)

- 🕒 Send out daily email "Hope"
- 🕒 If possible, set up a resource table to promote local and statewide resources, or share resources via social media
- 🕒 Implement the Heart Wall Installation Activity, in public places if appropriate or in your own home
- 🕒 Create a message, video, photo, song, dance – whatever you can imagine – sharing a message of hope. Post to any social media channel with the hashtags #EachMindMatters #SuicidePreventionWeek2020 #NationalRecoveryMonth



*Inspired by Fresno
County Behavioral Health*



September 8th, 2020 (Resilience)

- 🕒 Send out daily email "Resilience".
- 🕒 Share the drop-in article to promote self-care tips for parents.
- 🕒 Promote and screen youth created short films about mental health and suicide prevention. Share via social media or host a virtual screening and discussion panel.
- 🕒 Promote different ways parents and educators can incorporate social emotional learning into family, school, club and other activities and distance learning.
- 🕒 Partner with someone in your community and offer a virtual art or painting class for families.



Sat, 5/16 3:00-5:00pm | Painting Class with Dina

Virtual Location: Zoom | <https://zoom.us/j/9139995548>

Details: A virtual painting class promoting stress relief and how to paint an easy, fun and exciting piece that is suitable for children and adults.

Language: English

Contact: Dina Figureroa (Figueroadina@hotmail.com)

Tue, 5/19 9:00-11:00am | Board of Supervisors Meeting

Virtual Location: Live Stream at <https://sanmateocounty.org>

by visiting <https://smcgov.zoom.us/j/9726942>

Details: Every year, San Mateo County Board of Supervisors join in solidarity with our Board of Supervisors to provide public comment on this agenda item as well as

<https://sanmateocounty.legistar.com/Calendar.aspx>

Language: English

Contact: Sylvia Tang (stang@smcgov.org | 650-578-7165)

2020

MENTAL HEALTH AWARENESS MONTH

Free virtual events offered in Spanish & English



Look forward to **FREE VIRTUAL** open mics, paint and dance classes, mental health panels, and more!

For more info about our events and to learn about May Mental Health Awareness Month, visit bit.ly/2020mham

#BeTheOneSMC #EachMindMatters



- 🌀 Send out daily email "Recovery".
- 🌀 Share the "5 Ways to Incorporate Suicide Prevention in Alcohol and Other Drug Treatment Settings" email with local AOD treatment providers.
- 🌀 Provide a suicide prevention gatekeeper training or presentation to the AOD or restaurant industry.
- 🌀 Share stories of recovery and information on mental health and AOD resources. You can find stories from across California here: www.eachmindmatters.org/stories/.
- 🌀 Host an in-person or virtual Recovery Panel, where individuals in recovery can share their stories.





**MAY IS MENTAL
HEALTH MATTER
MONTH** #EachMindMatters

**Join us for a
online celebrat**

Prepare to be empowered and inspir



**Hear 'Brave Face'
speaker,
Cherish Padro
share her power
story of recover
at the following 1**

<https://www.youtube.com/watch?v=OLmcogJH7fQ&t=5s>



For more information
Contact Avery Vilche
avery.vilche@tchsa.net



Join us for a virtual drumming series!
-You don't need to own a drum-
You don't have to have any musical talent
-All you need to do is show up-
WHAT ARE THE BENEFITS?



Thursday, September 10th, 2020 (World Suicide Prevention Day!)

- 🕒 Send out daily email (World Suicide Prevention Day).
- 🕒 Join in World Suicide Prevention Day celebrations and light a candle near a window at 8PM.
- 🕒 Find "Light a Candle Near a Window at 8 PM" postcards in various languages at www.iasp.info/wspd2020/light-a-candle/.
- 🕒 Put together bags with resources, including materials from the kit, and host a 'World Suicide Prevention Day Drive Through' where people can come and pick up free resource kits.
- 🕒 Take Each Mind Matters Pledge to share how you're strengthening California's Mental Health Movement.
- 🕒 Play "The Rock" or "Reconozca Las Señales" 30-second radio spots while callers are placed on hold to local 2-1-1 or county access lines or reach out to a local radio station. The spots can be customized.



Inspired by www.iasp.info/wspd2020

Friday September 11th, 2020 (Friday is for Fun and Reflection)

- 🌀 Send out daily email
- 🌀 Host a virtual (or in person) Loteria/Bingo Game or Trivia Game. Make a new connection and partner with a local restaurant or organization.
- 🌀 Share photos of the past week's activities on social media or via email and be sure to tag @EachMindMatters.



Saturday September 12th, 2020 (Self Care)

- 🌀 Take care of yourself and practice self-care!
- 🌀 Host a virtual (or in person) self-care activity such as yoga, drumming or mindfulness.
- 🌀 Share Know the Signs Self-Care resources including drop-in articles, social media posts and postcards.



FORWARD TOGETHER INITIATIVE

In times of great stress, **social connection** has proven to be our greatest source of strength and healing. We are all impacted by COVID-19. Monterey County Behavioral Health is creating a series of free opportunities for anyone in our community to come together to build our **coping and resilience**.



MINDFULNESS & SELF CARE

Understanding how to meet our own needs is crucial to enjoying a healthy lifestyle. This series will share information and teach the skills to build your own self-care plan and improve mindfulness practices.



PARENTING

Effective parenting is even more important and more difficult as we all shelter in place in response to COVID-19. Our Parenting series will help parents and caregivers develop practical strategies to help support their family's emotional well-being and build resilience in the face of our current challenging times.



MOM CONNECT

Motherhood comes with many joys and surprises. It can also bring unexpected mood swings, anxious feelings, and fear. Talking about this emotional side of motherhood can be difficult, especially in these times when friends and family are less able to visit or help out. Join us for informative chats with our team and other moms facing the same experiences.



TEEN CONNECT

Being stuck at home, away from friends and your support network day after day can be tough! Join Teen Tuesdays at 2:00 pm and connect with other teens that are trying to manage during these isolating times. We might even have some fun!



EDUCATORS

The Behavioral Health Team has partnered with the Monterey County Office of Education (MCOE) to provide a series of trainings to support our Educators during this challenging time. The series will start on April 9th and is provided through District Google Classroom platform.



SENIOR CONNECT

The seniors in our community can feel particularly isolated and worried during this current COVID-19 health crisis. But you are not alone. Alliance on Aging is available to connect seniors and their caregivers to supports. They will share a weekly video with coping tips and resources. Wednesdays at 11:00 am you can speak with someone directly about your concerns and have your questions answered.

For more information visit or call:
<http://montereyforwardtogether.org>
(888)258- 6029

Suicide Prevention Week 2020- Boxed Activation Kits!

In 2020, each Boxed Kit Included:

- Know the Signs Brochures (25 Eng, 50 Span)
- Know the Signs Tent Cards (50 Eng, 50 Span)
- Know the Signs Posters (Assortment)
- Suicide Prevention Week Poster (Eng and Span)
- Green Ribbons (50)
- Directing Change DVD (1)
- Pin Buttons (25)
- Trivia Game (1 bilingual)
- Coasters (25 bilingual)
- Activity Tip Sheets
- Social Emotional Learning Bookmark



How to you access these materials?

1

Please fill out the post survey and let us know what materials you are interested in. We have a small supply of Activation Kits available for webinar participants. (Limited while supplies last)

2

Easy to use templates to print the materials on your office computer or at your local printer are available.

3

All materials can be ordered at the Each Mind Matters Store: www.eachmindmatters.org/shop/

Email: info@suicideispreventable.org



Messaging on Suicide Prevention: Key Principles



MESSAGING MATTERS
Tips for Safe and Effective Messaging on Suicide Prevention

- 1. PROVIDE A SUICIDE PREVENTION RESOURCE**
 - Always include a resource such as:
 - National Suicide Prevention Lifeline: (800) 273-8255
 - Crisis Text Line: TEXT "Home" to 741-741
 - Describe the resources you are offering, and what to expect
- 2. EDUCATE THE AUDIENCE ABOUT WARNING SIGNS AND RISK FACTORS**
 - Include information about warning signs and life circumstances that can increase risk (risk factors)
 - Visit www.suicidepreventionable.org for a list of warning signs
- 3. AVOID DISCUSSING DETAILS ABOUT THE METHOD OF SUICIDE**
 - Avoid details that describe the suicide including weapon/method used, the specific location, and the location of the wound
- 4. EXPLAIN COMPLEXITY OF SUICIDE; AVOID OVERSIMPLIFYING**
 - Reference the complexity involved in suicide
 - Avoid oversimplifying "causes" of suicide or pointing to one event as "the cause" of a suicide attempt or death
 - Don't speculate. It's natural to want to answer the "why" involved in a suicide but rarely do we fully understand the reasons behind a suicide
- 5. FOCUS ON PREVENTION; AVOID SENSATIONAL LANGUAGE AND IMAGES**
 - Don't use statistics that make suicide seem overly common
 - Consider using positive statistics that highlight help-seeking such as number of calls to the local crisis line, or visits to a prevention focused website
 - Use hopeful images that show people being supported, avoid images that show people suffering alone
- 6. HELPFUL RESOURCES**
 - Know the Signs - for the public www.suicidepreventionable.org
 - Reporting on Suicide - for the news media www.ReportingOnSuicide.org
 - Framework for Successful Messaging, National Action Alliance for Suicide Prevention www.SuicidePreventionMessage.org
 - Each Mind Matters Resource Center- to find and download suicide prevention resources in multiple languages and formats www.EMMResourceCenter.org

Each Mind Matters logo, KN-1W PSYCHICS logo, suicidepreventionable.org logo

Adapted from Library of San Diego Health & Human Services Agency

- Provide a suicide prevention resource
- Educate: Discuss warning signs and risk factors
- Create a positive narrative (Use positive images/statistics)
- Avoid over-simplifying
- Avoid information about suicide method
- Avoid “normalizing” statistics

Effective Messaging on Suicide Prevention

Key Considerations:

What messages are we using?

What messages are we sending?

Why? Who is the audience?

The screenshot shows a website interface with a navigation bar at the top containing 'Safety', 'Positive Narrative', 'Guidelines', and 'Examples'. The main content area features a circular diagram with 'Strategy' in the center, surrounded by 'Safety', 'Positive Narrative', and 'Guidelines'. To the right of the diagram is a 'Strategy' section with the text: 'Strategy involves planning and focusing messages, so they are as effective as possible.' Below this is a red 'Read more>>' button. At the bottom of the main content area is a horizontal navigation bar with 'Messaging to the public about suicide?' (highlighted), 'Strategy', 'Safety', 'Positive Narrative', and 'Guidelines'. On the right side, there is a yellow box with the text: 'YOUR Message Matters! It's not just a Framework, it's a movement! Sign on and take action.' Below this is a white box with the text: 'We have signed on Sandra Kiume @un suicide Elaine de Mello NAMI New Hampshire'.

This is a blurred version of the same website interface shown in the first screenshot, displaying the same navigation and content elements.

SuicidePreventionMessaging.org



reporting on suicide.org

[Recommendations](#)[Online Media](#)[Examples](#)[Find an Expert](#)[Research](#)[About](#)[Other Languages](#)

RECOMMENDATIONS FOR REPORTING ON SUICIDE®

Developed in collaboration with: American Association of Suicidology, American Foundation for Suicide Prevention, Aronberg Public Policy Center, Associated Press Managing Editors, Canterbury Suicide Project - University of Otago, Christchurch, New Zealand, Columbia University Department of Psychiatry, Connecticut Suicide Prevention, Emotion Technologies International Association for Suicide Prevention, Risk Factors on Media and Suicide, Medical University of Vienna, National Alliance on Mental Illness, National Institute of Mental Health, National Press Photographers Association, New York State Psychiatric Institute, Substance Abuse and Mental Health Services Administration, Suicide Awareness Voices of Education, Suicide Prevention Resource Center, The Centers for Disease Control and Prevention (CDC) and UCLA School of Public Health, Community Health Sciences.

IMPORTANT POINTS FOR COVERING SUICIDE

- More than 50 research studies worldwide have found that certain types of news coverage can increase the likelihood of suicide in vulnerable individuals. The magnitude of the increase is related to the amount, duration and prominence of coverage.
- Risk of additional suicides increases when the story explicitly describes the suicide method, uses dramatic/graphic headlines or images, and repeated/extensive coverage sensationalizes or glamorizes a death.
- Covering suicide carefully, even briefly, can change public misperceptions and correct myths, which can encourage those who are vulnerable or at risk to seek help.

Recommendations for Reporting on Suicide

Suicide is a public health issue. Media and online coverage of suicide should be informed by using best practices. Some suicide deaths may be newsworthy. However, the way media cover suicide can influence behavior negatively by contributing to contagion, or positively by encouraging help-seeking.

[Download in English](#)[See in Other Languages](#)

www.ReportingOnSuicide.org

Save the Date for these Upcoming Webinars!

Suicide Prevention 101 for Parents: Recognizing Signs and What to Do

This free webinar will provide information about suicide prevention for parents, including warning signs for suicide, how to have a conversation with their teen, actions to take if their teen is having suicidal thoughts, and resources.

suicideispreventable.org

To Register:

June 18th 12PM to 1PM

In English:

https://zoom.us/webinar/register/WN_H--ydyzGRduK2Z1WY4cD

June 18th 6:30PM to 7:30PM

In Spanish:

https://zoom.us/webinar/register/WN_rpd7k250Pu-X0p4__lbyA



Special Webinar for Educators: Mental Health Strategies to Support Students

Tuesday, June 23 / 11:00AM - 12:00PM

Join us for a special **Each Mind Matters** webinar to support educators, school administrators, and school counselors in understanding potential COVID-19 trauma impacts on students and how to build resilience with students. We will provide training on trauma identification, share resources, and highlight best practices with traditional and distance learning models in mind.

Presenters: Lisa Smusz, LPCC, Principal Consultant for Each Mind Matters, Nicole Jarred, Principal Consultant for Each Mind Matters; and Emily Bender, MA, Consultant for Each Mind Matters

Registration URL: https://zoom.us/webinar/register/WN_qh9_XtJrQImLj15tRFgA0Q

Webinar ID: 927 1051 6940 Password: 126853

This webinar is hosted by Each Mind Matters, California's Mental Health Movement, and is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote mental health and wellness. These initiatives are funded by counties with Prop 63 MHSA funds through the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families, and communities.



View all previous **Each Mind Matters** webinars, presentations, and other resources at EMMRResourceCenter.org.

Resources for Youth and Schools

Create. Compete. Direct Change to Save Lives.
Youth create films to promote social justice in schools and communities.
Suicide Prevention | www.DirectingChangeCA.org

Directing Change Program and Student Film Contest

Sponsors and Partners | Judges | Watch and Use Films | 2018 Award Ceremony | Media | ...
...ND FAQ | SUBMISSION CATEGORIES | FORMS AND COPYRIGHT

Directing Change Program and Film Contest

Youth Suicide Warning Signs

Talk to a trusted adult or reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, has increased or seems related to a painful event, loss or change:

1. Talking about or making plans for suicide
2. Expressing hopelessness about the future
3. Displaying severe/overwhelming emotional pain or distress
4. Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above.

Specifically, this includes significant:

- Withdrawal from or changing in social connections/situations
- Changes in sleep (increased or decreased)
- Anger or hostility that seems out of character or out of context
- Recent increased agitation or irritability

If you are concerned about someone, reach out and ask: "Are you thinking about suicide?"

Whatever you're going through, you're not alone. If you're in pain or concerned for someone else, call the National Suicide Prevention Lifeline: 800-273-8255 (TALK) or text HOPE to 741-741. You can also visit suicidepreventionable.org for more information.

CALLING ALL YOUNG FILMMAKERS AND DREAMERS: MAKE DIFFERENCES WITH YOUR FILMS BY CREATING SHORT FILMS THAT WILL BE USED TO RAISE AWARENESS AND HELP YOUNG PEOPLE WHO SUICIDE.
SUBMISSIONS ARE DUE MARCH 1 every year.
Visit www.DirectingChangeCA.org

Online Resources:

- School-based Suicide Prevention Virtual and In-Person Activity Tip Sheet
- Social Media Posts
- Online film screenings
- What I Wish My Parents Knew Event Guide





[Mental Health](#)[Stories](#)[Get Involved](#)[Events](#)[Partners](#)[Blog](#)

You are not alone.

If you're experiencing feelings of worry, irritability, or low mood right now, you're not alone. While it's necessary to keep up-to-date and make changes to daily life in order to help control the spread of COVID-19 (Coronavirus), the constant news cycle coupled with social distancing measures can have a real impact on mental health.

Teen Line:

Text "TEEN" to 839863 between 6:00pm-9:00pm PST. Their online message board provides a place to talk with peers, including concerns around the Coronavirus.
www.teenline.org/board

The Peer-Run Warm Line (24/7)

Call 1-855-845-7415 for peer-run non-emergency emotional support.
www.mentalhealthsf.org/peer-run-warmline

SAMHSA's Disaster Distress Line (24/7)

Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
www.samhsa.gov/find-help/disaster-distress-helpline

The National Suicide Prevention Lifeline (24/7)

Call 1-800-273-8255
www.suicidepreventionlifeline.org



California's Mental Health Movement

Funded by counties through the state-approved Mental Health Services Act (Prop. 63)



Supporting Someone While They Find Their Reasons for Living

APRIL 29, 2020

There are people fighting a very personal battle in the midst of the collective dangers of this unprecedented pandemic – people who are questioning whether to continue to live through the emotional pain they are experiencing. Some people

...

[More](#)

Substance Use Amidst COVID-19: What Does Problematic Use Look Like?

APRIL 16, 2020

Our natural response is to lean into things that make us feel better when we are under stress. But what happens if those things that make us feel better in the short term, actually cause us to ...

[More](#)

¿Sabías que...

Retos de Salud Mental

Testimonios

Recursos

Blog

Apoya a Alguien que Pueda Estar Pensando en el Suicidio

14 de mayo de 2020

Ayudemos a evitar que nosotros mismos, así como nuestros seres queridos desarrollen pensamientos de suicidio durante esta pandemia sin precedentes. Asegúrate de mantenerte conectado con tus seres queridos comunicándote regularmente y ofreciendo apoyo según sea necesario. También debemos estar presentes y ser pacientes con nosotros mismos, preguntando qué necesitamos para mantener la esperanza y sentirnos [...]

Más



Each Mind Matters & SanaMente

The screenshot shows the 'Each Mind MATTERS' Resource Center website. The header includes the logo and navigation links for 'Initiatives', 'Collections', 'About Us', and 'Contact Us', along with a 'SEARCH RESOURCES' button. The main content area features a purple banner for 'COLLECTIONS COVID-19 Response' with an illustration of two people. Below the banner, a text box explains that the resources are for supporting individuals and communities during COVID-19. A section titled 'Tips for Self-Care During COVID-19 >' includes a link to 'Tips for Self-Care During COVID-19 Cards and Social Media Posts in English and Spanish' and social media icons for Twitter and Facebook. A blue search box with the text 'Search Our Resources' and a 'SEARCH' button is also visible.

emmresourcecenter.org/collection/covid-19-response

The screenshot shows the 'Each Mind MATTERS' website. The header includes the logo and navigation links for 'About Us', 'Shop', 'Media', 'Contact', 'SanaMente', and 'GET HELP NOW'. A green navigation bar contains links for 'Mental Health', 'Stories', 'Get Involved', 'Events', 'Partners', and 'Blog'. The main content area features a breadcrumb trail 'Home / COVID-19: Information and Resources' and a title 'COVID-19: Information and Resources'. A large graphic with a yellow exclamation mark and the text 'CORONAVIRUS (COVID-19): INFORMATION AND RESOURCES' is displayed. Below the graphic, a paragraph explains that if you're experiencing feelings of worry, irritability, or changes in your mood, you're not alone, and provides information on how to control the spread of COVID-19. A second paragraph states that Each Mind Matters is dedicated to providing ongoing information and resources for mental health during these trying times. A section titled 'Resources from Each Mind Matters:' is followed by a 'Recent Blogs:' section with two bullet points: 'Substance Use Amidst COVID-19: What Does Problematic Use Look Like?' and 'Always, And Especially in Times of Crisis — Words Matter'.

www.eachmindmatters/covid-19/



Tips for Self-Care

“During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.”

This resource is available in the following languages:

- Arabic
- Armenian (Eastern)
- Chinese Simplified
- Chinese Traditional
- Russian
- Farsi
- Lao
- Khmer
- Korean
- Spanish
- Tagalog
- Vietnamese
- Hmong
- Punjabi

Tips for Self-Care During COVID-19

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

- Exercise**
Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.
- Eat Healthy**
The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our mental and physical health. Be purposeful when restocking on groceries and pick up foods that boost your mood such as oatmeal, nuts, and even dark chocolate.
- Sleep**
Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.
- Learn and Explore**
Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by taking virtual tours of museums, reading, trying new recipes, or solving puzzles.
- Structure and Routines**
Having regular times for eating, going to bed and rising in the morning, exercising, and working or studying can help maintain a sense of normalcy.
- Practice Mindfulness**
Take breaks throughout the day. Find time in the morning or before bed to slow down and be present. The practice of pausing, breathing, and just "being" is essential to our well-being and mental health because it helps us reduce stress, worry less and it enhances feelings of resiliency.
- Talk with a Friend**
Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family and co-workers through phone and video calls.

For mental health resources, visit EpiH@ntrillators.org

National Suicide Prevention Line: 1-800-273-8255

The Free Hot Warm Line: 1-855-845-7415 for a free, 24-hour, non-emergency emotional support

Logos: EQUICARE MATTERS, NIMH, NIA, KNOW THE SIGNS



If you are hosting a public event, add it to the **Each Mind Matters** events page to attract a larger audience!

<http://www.eachmindmatters.org/events/>

To order suicide prevention materials and other educational resources and wearable outreach items visit the EMM Store.

www.eachmindmatters.org/store

For questions email: info@suicideispreventable.org

To access the toolkit online:
www.eachmindmatters.org/SPW2020



Pain Isn't Always Obvious



Suicide Is Preventable

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).