



Mental Health First Aid

February 24, 2020 Brought to you by your Counselors: Sean Hembree & Katie Brandau



Today's Agenda

- 1. Watch a video in which the 'Rock' talks about his battle with depression
- 2. Learn about key signs of suicidal behavior/ideation
- 3. Learn protective factors for suicide and depression
- 4. Design your own Mental Health First Aid kit:

The 'Rock' on Depression



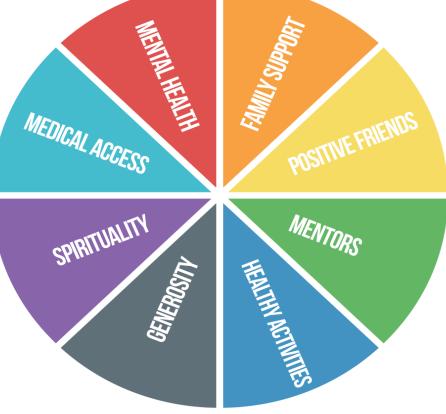
Protecting you and your friends - the warning signs of suicide. SPEAK-UP if you see:

- 1) Dramatic mood changes
- 2) Giving away valued belongings
- 3) Comments about being trapped or being a burden to others
- 4) Talking or writing about death or ways to die
- 5) Withdrawal from friends, family, or society

Building protective factors: behaviors and thoughts that reduce suicide:

- Knowledge and use of **coping skills**
- Work on resilience; a sense of hope in the face of adversity
- Seek out **trusted friends and adults**: family, school faculty and staff, coaches, faith leaders
- Connect to your school and/or the community: work, extra-curricular activities, volunteering
- Practice your **cultural**, **faith or personal beliefs**

Another list of protective factors: Sources of Strength:



COPING TOOLS: What Helps Me				
 Read A Book or Magazine Hug or Climb a Tree Journal or Write a Letter Use Kind & Compassionate Self-Talk Make a Collage or Scrapbook Rest, Nap or Take a Break Go on a Hike, Walk or Run Take Good Care of the Earth () 	 Ride a Bike or Skateboard Create Origami Cook or Bake Ask for Help Talk to Someone You Trust Weave, Knit or Crochet Build Something Get a Hug 			
 Drink Water Play a Board Game Do Something Kind Do Something Kind Make and Play with Slime Discover Treasures in Nature Take a Shower or Bath Exercise Drink a Warm Cup of Tea Forgive, Let Go, Move On 	 Visualize a Peaceful Place Stretch Make Art Use Positive Affirmations Take Slow, Mindful Breaths Clean, Declutter or Organize Use Aromatherapy Cry Try or Learn Something New 			
 Practice Yoga Garden or Do Yardwork Jump on a Trampoline Cuddle or Play with Your Pet Practice Gratitude Do a Puzzle Blow Bubbles Smile and Laugh 	 Listen to Music Use a Stress Ball or Other Fidget Get Plenty of Sleep Kick, Bounce or Throw a Ball Take or Look at Photographs Eat Healthy Play Outside Sing and/or Dance 			

TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through

- your five senses)
 1. Something to touch
 (exi stuffed animal, stress ball)
 2. Something to hear
 (exi music, meditation guides)
 3. Something to see
 (exi snowglobe, happy pictures)
 4. Something to taste
 (exi mints, tea, sour candy)
- 5. <u>Something to smell</u> (ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples: Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

- 1. <u>Affirmations and Inspiration</u> (ex: looking at or drawing motivational statements or images)
- 2. <u>Something funny or cheering</u> (ex: funny movies / TV / books)

Emotional

Awareness (Tools for identifying and expressing your feelings)

<u>Examples:</u> A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples: Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

> Family / Friends Therapist Psychiatrist Hotline Crisis Team / ER 911

Self Care:

Hold yourself accountable

AANMC ASSOCIATION DIE ACCESEDITE MUSICEATION DIE ACCESEDITE Self-Care					
B		N	G	Ο	
Fed myself	Exercised	Got a massage	Took time for myself	Danced	
Practiced gratitude	Played with an animal	Did a hobby	Meditated or prayed	Spent time in nature	
Went for a walk	Talked with a friend	FREE	I showered today	Took a nap	
Took quiet time out	Played an instrument	l did nothing	Read for fun	Brushed my teeth	
Brushed or did my hair	Listened to music	Bathed	l wrote down my feelings	Stretched	

Resources:

School Counselors:





1-877-542-SAFE



Axis Crisis (talk to a therapist): 970-247-5245

A trusted teacher, staff member or community adult

Putting it all together: Make a Mental Health First Aid Kit

Start by folding a piece of paper in thirds, creating a pamphlet with six sections (three on the front, three on the back).

Mental Health First Aid Kit cont. Label each section with the following:

- 1. **MOTTO**: A positive quote, saying or song lyric that defines you <u>at your best</u>
- 2. SELF-CARE: 3 5 self-care or healthy activities (slide 7)
- 3. COPING SKILLS: 1 -2 coping skills that work for you (slide 8)
- 4. **MUSIC**: 3 -5 of your favorite song titles or performers that always make you <u>feel better</u>
- *5. RESOURCES*: #'s for Safe2Tell, Axis Crisis Line & National Suicide Crisis Line. Also, include the names of 3 trusted adults at DHS.
- *GOALS*: Three to five goals for this spring that will help improve your mental health and overall outlook

Mental Health Tool Kit – cont.

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Kindness Week, March 2-6!

Next week, look for an advisory lesson and schoolwide activities for Kindness Week, brought to you by Stuco and your counselors