



Mental Health First Aid

February 24, 2020

Brought to you by your Counselors: Sean Hembree & Katie
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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 
- Drink Water 
- Play a Board Game 
- 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 
- 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 
- 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 
- 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 
- 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
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(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. Affirmations and Inspiration
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

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

Self Care:

Hold yourself
accountable

B	I	N	G	O
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 SPACE	I showered today	Took a nap
Took quiet time out	Played an instrument	I did nothing	Read for fun	Brushed my teeth
Brushed or did my hair	Listened to music	Bathed	I wrote down my feelings	Stretched

Resources:

School Counselors:



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safe tell™

Make a Call. Make a Difference.

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 at your best
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 feel better
5. **RESOURCES:** #'s for Safe2Tell, Axis Crisis Line & National Suicide Crisis Line. Also, include the names of 3 trusted adults at DHS.
6. **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 school-wide activities for Kindness Week, brought to you by Stuco and your counselors