Next

Learning About Mental Health

Next

THIS IS A SAFE SPACE

This is a judgement-free zone. We are all here to teach/learn. Please be respectful of everybody here.

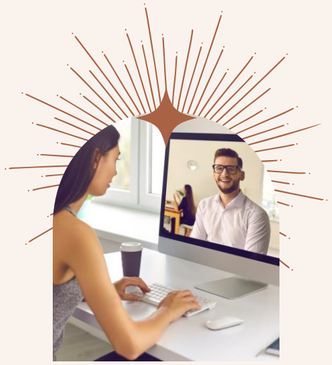
PLEASE do not take anything that you hear/say out of this space.

Next

Zoom Etiquette

Change Your Name

NAME | HALL | ROLE



Camera On

Please turn your camera on if comfortable

Speaking

Put an X in the chat if you would like to speak

Snaps

% or &

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Serena Voss

- Major: Psychology
- Minor: Communication Studies & Human Services Program Admin
- Year: Sophomore
- Pronouns: She/Her/Hers
- Fun Fact: My comfort food is mashed potatoes.

Emilee Renee Tosh

- Major: Communication Studies
- Minor: Public Relations & Digital Media Technology
- Year: Sophomore
- Pronouns: She/Her/Hers
- Fun Fact: I'm a proud member of the Alpha Sigma Tau Sorority!

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Icebreaker

1. Name
2. Pronouns (if comfortable)
3. Year & Major/Minor
4. Goals for this year!

Myths vs. Facts

There are a lot of myths surrounding mental health and it is important to know the facts rather than spreading false information.

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Myth #1

Children do not experience mental health problems.

Fact #1

?

Next

Myth #1

Children do not experience mental health problems.

Fact #1

Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors.

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Myth #2

People with mental health problems are violent and unpredictable.

Fact #2

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Myth #2

People with mental health problems are violent and unpredictable.

Fact #2

Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness.

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Myth #3

People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

Fact #3

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Next

Myth #3

People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

Fact #3

Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

Next

Myth #4

Therapy and self-help are a waste of time. Why bother when you can just take a pill?

Fact #4

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Myth #4

Therapy and self-help are a waste of time. Why bother when you can just take a pill?

Fact #4

Treatment for mental health problems varies depending on the individual and could include medication, therapy, or both.

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Scenario

Your best friend from college comes over and says that he hasn’t been feeling well lately. He says that he has been diagnosed with anxiety and sometimes it feels like his heart is pounding so hard it feels like he is having a heart attack.

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You Could...

Listen

Do not try to change the subject

Do Not Judge

Also avoid laughing or dismissing conversations.

Offer Help

Offer to take him to a doctor or a mental health professional.

Ask

What things make him feel better?

Patience

Do not rush your friend. It was hard for him to have this conversation with you.

Follow Up

Follow up at a later time to make sure he is doing okay.

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Ways to Control Your Anxiety

There are many different ways to deal with anxiety. What are some ways that you find helpful in dealing with your own anxiety? (share if comfortable)

-Feel free to type in the chat if that makes you feel better

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The 5 Senses Method

When having problems with anxiety find things within the room that cover each of the 5 senses;

- Sight
- Hear
- Smell
- Taste
- Feel

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Rainbow Method

Similar to the 5 Senses Method find one thing in the room of each color in the rainbow,

- Red
- Orange
- Yellow
- Green
- Blue
-Purple

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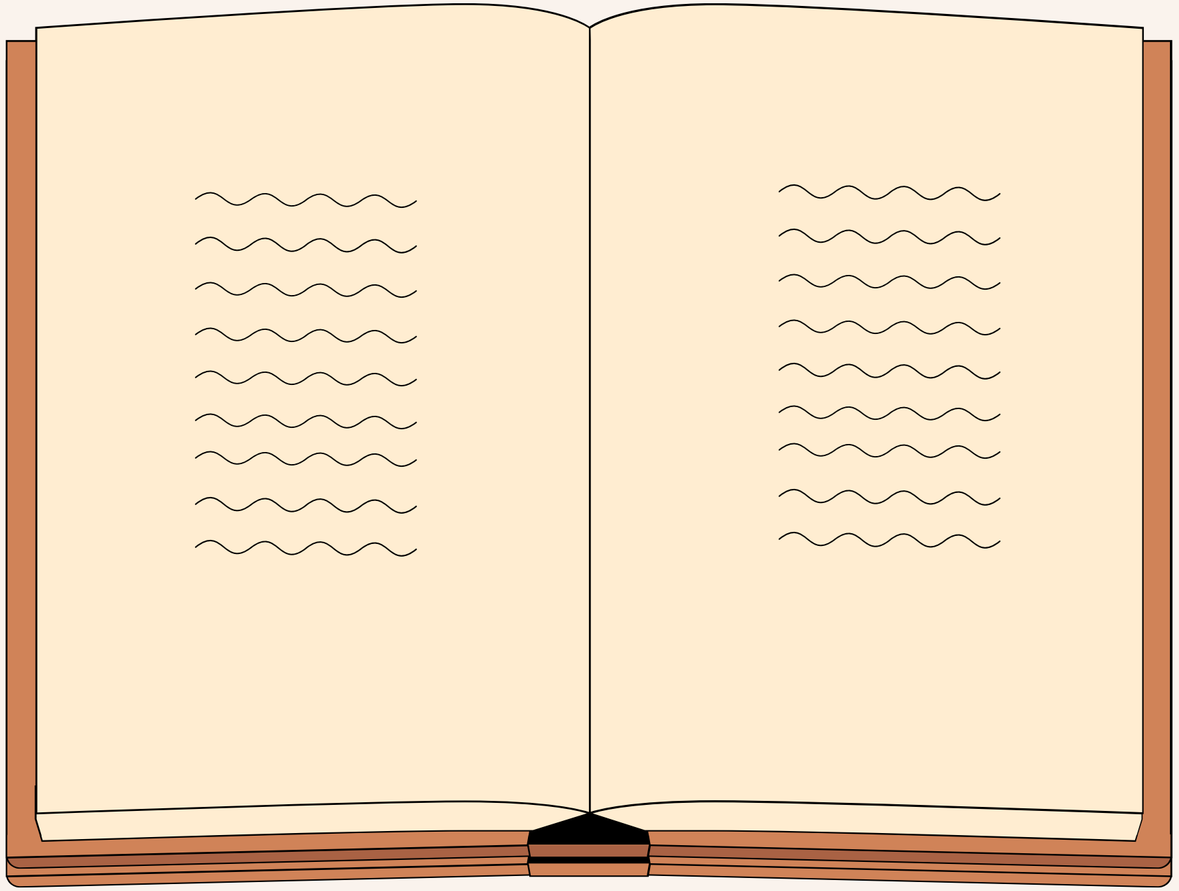
Journaling



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Take A Walk

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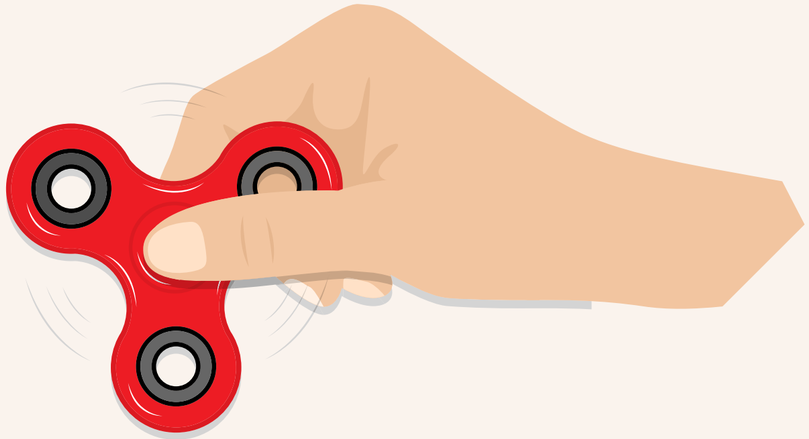
Invest in Fidget Toys



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Think of Your Happy Place

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Take Deep Breaths

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Take A Break (if able)

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Drop Shoulders, Relax

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Hang out with Friends

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Mental Health Organizations

Suicide Hotline

1-800-273-TALK (8255)

SAMHSA Treatment Referral Helpline

1-877-SAMHSA7

(1-877-726-4727)

Depression and Bipolar Support Alliance

(DBSA):

800-826-3632

National Center of Excellence for Eating Disorders

(NCEED):

800-931-2237

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Questions?

Contact Us

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