



MENTAL HEALTH FIRST AID

HOW TO HANDLE A BAD DAY OR A CRISIS SITUATION

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EXTENSION

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

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(833) 256-1665 or (202) 690-7442;

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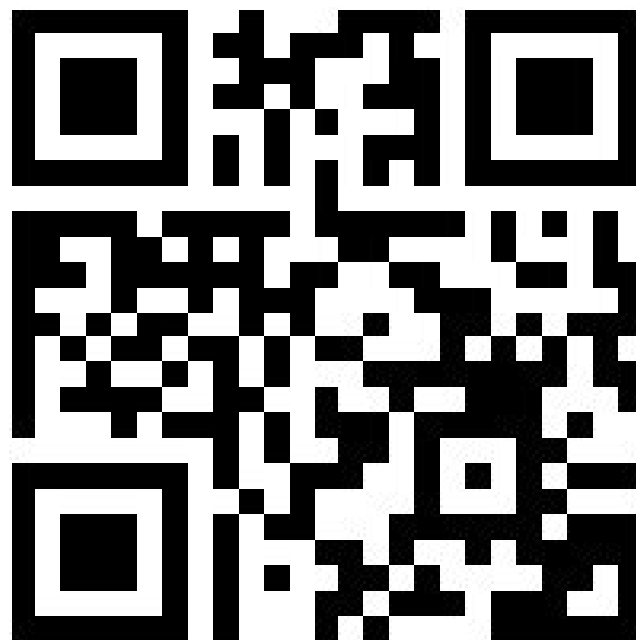
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Use the Link or QR Code Below to Take This Survey



<https://bit.ly/3tZDxLz>



Who here has ever answered the question, "**how are you doing?**" with "**okay**" or "**fine**" even when you were not okay?

Why did you, or why might someone, not answer this question truthfully?



Common Reasons

- Fear
- Denial
- Shame
- Stigma
- Embarrassment
- Lack of Understanding

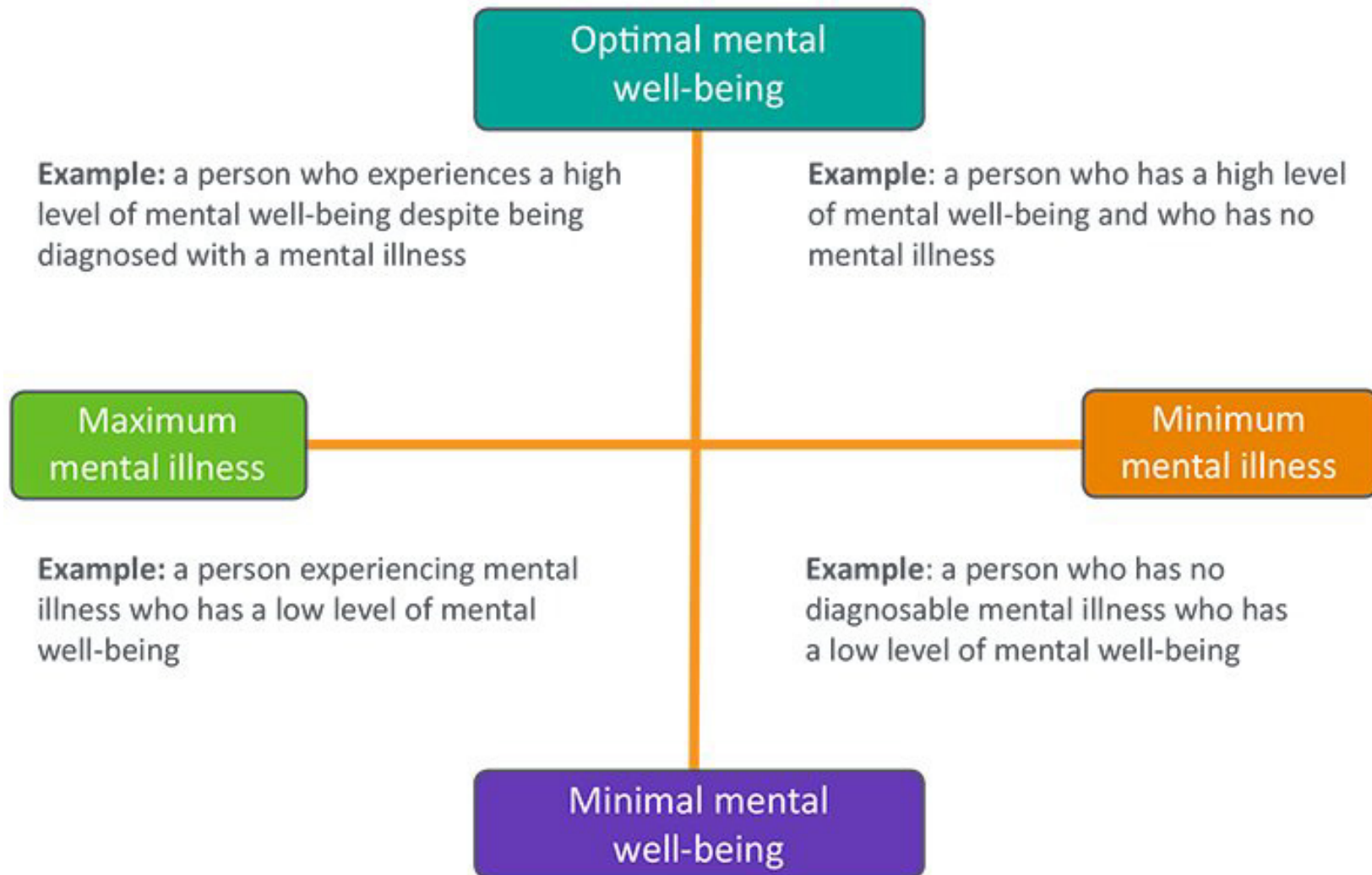


Mental health: State of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community

Mental illness: Condition that affects a person's thinking, feeling, behavior or mood.

- Deeply impact day-to-day living and may also affect the ability to relate to others
- Also known as a mental health disorder or mental health condition

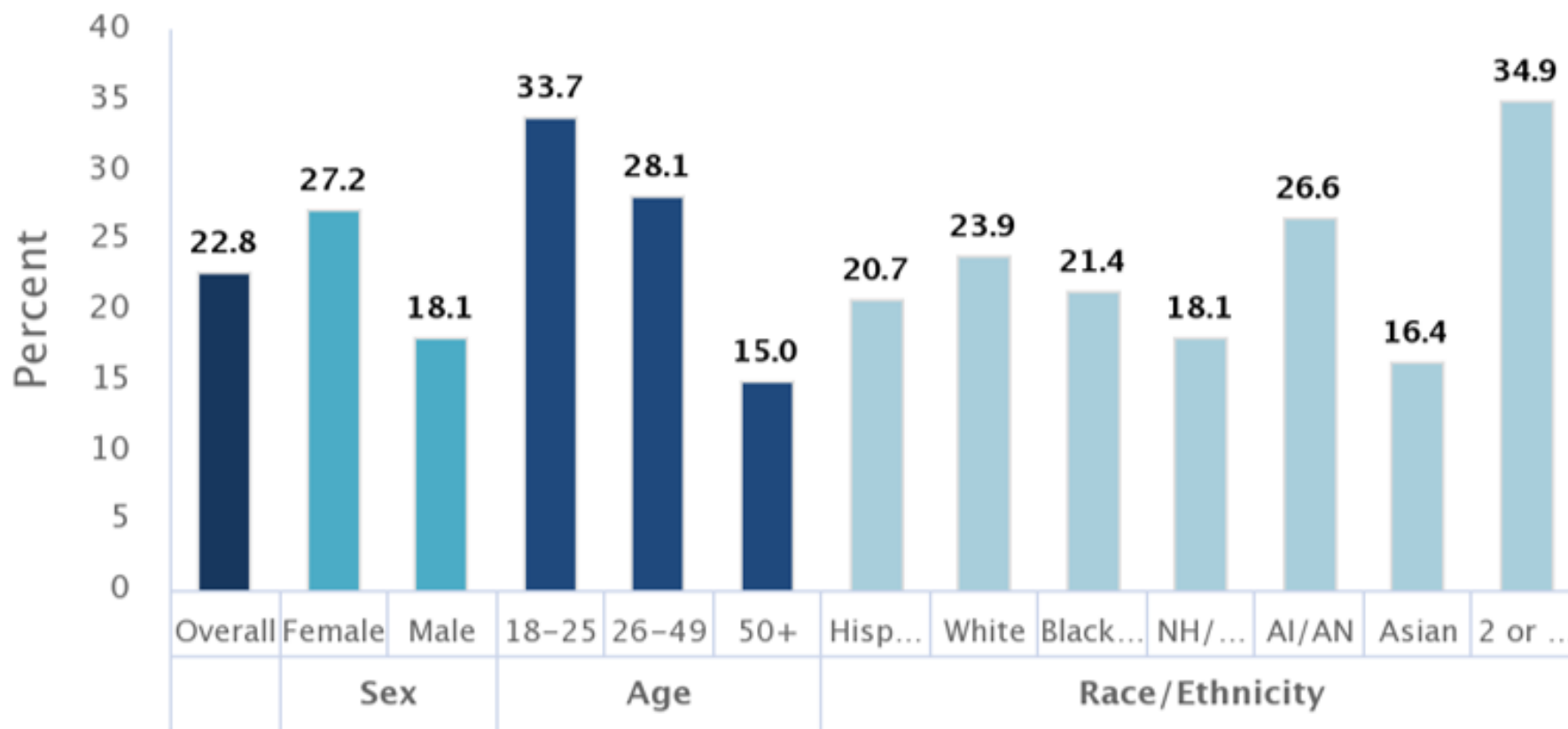
Mental health challenge or problem: Blanket-term that describes any kind of mental hardship, from just a bad day to a severe, diagnosable condition





Past Year Prevalence of Any Mental Illness Among U.S. Adults (2021)

Data Courtesy of SAMHSA





Common Signs and Symptoms

- Feeling sad
- Confused thinking or decreased concentration
- Excessive worry, fear, or feelings of guilt
- Extreme mood changes
- Withdrawal from friends and family
- Decreased interest in activities and work
- Detachment from reality, paranoia, or hallucinations
- Inability to cope with daily stressors
- Trouble understanding and relating to situations and people
- Low energy
- Over- or under-sleeping
- Inappropriate alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or aggression
- Suicidal thinking



What is Self-Care?

Intentional activities to help yourself feel better and live well



How do We Practice Self-Care?



Laughter

Do something regularly that makes you laugh

- Watch a favorite sitcom
- Talk to a friend that always has a funny story
- Play a goofy game with your child or spouse
- Make your phone background a picture that makes you think of a funny memory





Move your Body

Exercise doesn't always have to be 'exercise'

- Walk your dog
- Play outside with your kids
- Garden or do yard work
- Clean your home
- Do chair yoga during your lunch break
- Pick an exercise for every ad break
- Do a squat every time your kid yells 'mom' or 'dad'



Say No

Set healthy boundaries around your time and energy

- Not now, but later
- Not that, but how about this
- Thank you, but no



Get Enough Rest

Tips for sleep

- 7+ hours a night, need will vary from person to person
- Have a routine
- Avoid technology use, unsettling foods, alcohol, and exercise before sleep
- Keep a journal or notepad to write down thoughts



Get Enough Rest

This also includes meaningful breaks during our days

- Every day should include some time to do NOTHING
- Have some go-to brief mind-break activities





Connect with Loved Ones



Schedule regular time to connect with friends and family

- Be intentional about your time with others
- Be vulnerable- tell others what you need and how you are feeling
- Ask about, listen to, and show care for others



Live Out Your Purpose

Your purpose and what is important to you is as individual as your fingerprint

- Volunteering
- Attending/participating in spiritual or religious events and activities
- Spending time in nature
- Pursuing knowledge
- Practicing a hobby that benefits others



Limit Use of Substances

- Take medications as prescribed, store and dispose of them properly
- Caffeine
 - 400mg or less/day
- Alcohol
 - Those with a personal or family history of a substance use challenge may want to exclude or limit alcohol
 - Men <2 standard drinks/day, women <1 standard drink/day



Limit Use of Substances

- **Nicotine**
 - Cutting back on or eliminating use can improve long-term mental health
- **Marijuana/THC**
 - Can exacerbate mental illnesses
 - Can bring on feelings of depression, anxiety, suicidal thoughts, and episodic psychosis
- **Illicit substances**
 - Can lead to decreased physical and mental health over time



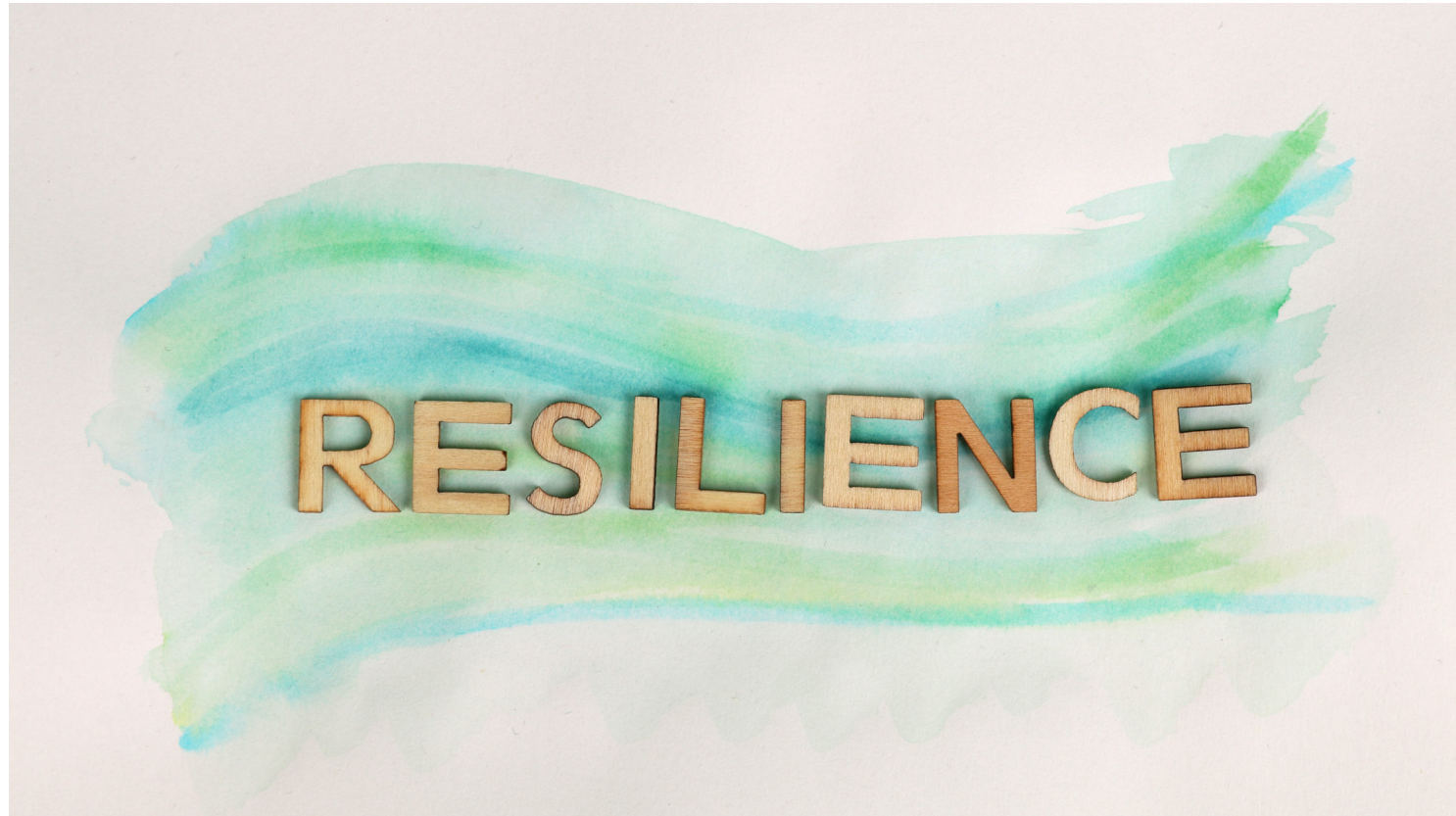
Other Self-Care Ideas

- Mindfulness
- Journaling
- Art
- Music
- Breathing Exercises
- Positive Affirmations
- Practicing Gratitude





Why Does Self-Care Work?





What's the Next Step?

Ask others for help

- Start with your doctor
- Look into the programs and services offered through your work
 - EAP, HR, or a work-life office
- Check your insurance to find covered behavioral healthcare
- Try out a low-cost, low-commitment online counseling service
- Find a support group
- Get connected with a peer recovery coach or sponsor



Other Options

- Call the SAMHSA National Helpline: 800-662-4357
- Call or Text the NAMI Helpline: 800-950-6264
- Call the Michigan Peer Warmline: 888-733-7753
- Checkout your local Community Mental Health Agency



What's the Step After That?

If you are feeling very poorly, for a short or long time

- Consider contacting a helpline
 - 988 Suicide & Crisis Lifeline
 - Call Blackline: 800-604-5841
 - Local community mental health service provider crisis line
- Call your local mobile crisis response team
- For immediate, life-threatening emergencies, call 911 or go to the nearest emergency room

A graphic for the 988 Suicide & Crisis Lifeline. It features the number '988' in large, white, sans-serif font on a dark blue background. Below the number, the words 'SUICIDE & CRISIS LIFELINE' are written in a smaller, white, sans-serif font, stacked in three lines. The entire graphic is enclosed in a white border.

SUICIDE
& CRISIS
LIFELINE



Remember

- You aren't alone
- People do care about you
- It's okay to ask for help
- It's okay to put yourself first
- There is hope for recovery
 - Even if you've been feeling poorly for a long time
 - Even if you feel really bad
 - Even if you tried to get help before and it didn't work



Is It Easy?

No, it isn't easy

- Insurance challenges
- Lots of paperwork
- Finding time for appointments
- The wait to see someone can be long
- It can be scary to reach out for help or start a treatment plan
- You might not start feeling better right away



Is It Worth It?

- Untreated mental illness can result in:
 - Disability, unemployment, substance misuse, homelessness, incarceration, and suicide
- The sooner you get help:
 - Less likely a challenge will turn into a diagnosable mental health condition
 - Less likely you are to have negative secondary outcomes
 - The easier the recovery
- By getting help, you are better able to care for and support your loved ones
 - You can't pour from an empty cup



Is It Worth It?

By getting help, you are more likely to THRIVE, not just survive.

- Improve relationships
- Set and reach more goals
- Improve other aspects of well-being
- Increase productivity at work
- Improve capacity to give back to your family and community

thrive



How Do I Help Someone Else?

There are about 15 people in our lives at any given time that we are close to

- Loved ones will be most impacted by our suggestions to seek help
- Even if someone isn't in our group of 15, we can still be supportive

Remember the reasons we say we are okay even when we aren't?



How Do I Help Someone Else?

- Show you care enough to take on that 'burden' of hearing a truthful answer to "how are you doing?"
- Practice listening, so when they do share, they feel heard and supported
- Provide resources and facts, not advice
- Keep things confidential
- Be prepared to offer ways you can support them in getting help or feeling better
- Remain calm, so that they know we can handle what they are sharing and so we can remember to do everything above



Where does Mental Health First Aid Fit?

- Understand the importance of your role as a Mental Health First Aider
- Improve your noticing skills, learn more about mental health challenge signs and symptoms
- Practice responding to different mental health challenges of varying severity
- Gain confidence in being a supportive family member, friend, neighbor, and coworker



Mental Health
FIRST AID

#BeThe1in15



Want to Learn More at MSU Extension?

- Mental Health First Aid
- Mindfulness for Better Living
- Stress Less with Mindfulness
- RELAX: Alternatives to Anger
- Powerful Tools for Caregivers
- SLEEP: Sleep Education for Everyone



<https://www.canr.msu.edu/outreach/events>



Questions?

Contact me at glunzcar@msu.edu

Questions about Mental Health First
Aid: msue.mhfa@msu.edu

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