



Placer Collaborative Network
A Project of the Placer Community Foundation



NEWSLETTER
MAY 2016

Mental Health Matters



Suicide Is Preventable

What are some signs that indicate that someone may be struggling with mental illness or suicidal thoughts¹?

- Feeling sad or withdrawn for more than two weeks
- Severe or out-of-control risk-taking behaviors
- Sudden or overwhelming fear for no reason
- Severe mood swings that cause problems in relationships
- Drastic changes in personality, behavior, sleeping habits, or eating habits
- Extreme difficulty concentrating or sitting still
- Trying to harm or kill oneself or making plans to do so
- Not eating, using laxatives, or throwing up to lose weight
- Repeated use of alcohol or drugs

*These signs were taken from a fact sheet provided by NAMI Ending the Silence

For more information on the signs and what you can do to help, visit:

- Know the Signs: www.suicideispreventable.org
 Each Mind Matters: www.eachmindmatters.org
 National Alliance on Mental Illness: www.nami.org
 Reach Out Here: www.reachouthere.org



In this issue you'll find...

- Information on Mental Health Issues in Placer County
- Featured Org of the Month: NAMI on Campus at Whitney High School
- Other Local Resources
- Helpful Tools and Articles

National Crisis Resources for Suicide Prevention

Courtesy of Each Mind Matters

English Lifeline: (800) 273-TALK

Spanish Lifeline: (888) 628-9454

Veteran's Crisis: (800) 784-2433

Crisis Chat:

<http://suicideprevention.wellspacehealth.org>

Text HOPE to (916) 688-iCan

Trevor Lifeline (LGBTQ Youth)

(866) 488-7386

www.reachout.com

www.afsp.org

Local Crisis Resources

Adult Intake for Crisis:

(916) 787-8860

Toll Free: (888) 886-5401

Family and Children Services

(916) 872-6549

Toll Free: (866) 293-1940

Featuring NAMI on Campus at Whitney High School

An example of an organization doing excellent work to destigmatize mental illness in their community is NAMI on Campus at Whitney High School. After attending a training conducted by the National Alliance on Mental Illness (NAMI) and the Placer County Office of Education, the peer counselors at Whitney High School decided they needed to do more to raise campus awareness of mental illness. They therefore founded the Whitney Chapter of NAMI on Campus—a group of high school students dedicated to breaking the stigma and ending the silence.

This group of teenagers have realized how much stigma is attached to mental health issues. Since attending the NAMI training, students have worked tirelessly to destigmatize mental health and make sure that their fellow students are aware of the various people, organizations, and crisis lines available for support. Moreover, they are striving to create a campus culture in which students have a safe space where they feel comfortable reaching out for help. Students at Whitney have realized that due to the unique challenges teenagers face, such as finding social acceptance and the pressures of getting into college, young people need more support. Students founded NAMI



Peer Counselors at Whitney High School

on Campus with the aim of providing that support.

In addition to hosting informational meetings about mental health and spreading a message of hope on campus, Whitney NAMI on Campus was instrumental in helping host a week-long campus event called Each Mind Matters. Throughout this week, Whitney students were encouraged to wear lime-green ribbons to start a dialogue about mental health. Perhaps most importantly, the Whitney Broadcasting Team dedicated their daily broadcast to unpacking the meaning of “stigma,” sharing the stories of individuals with lived experience, and encouraging teens struggling with mental health challenges to seek help. This included several PSAs directed and filmed by high school students. These videos can be viewed at

<http://www.wctv19.com/?p=2511>. Each Mind Matters week was a huge part of breaking down the stigma of mental illness. To learn more about the state-wide Each Mind Matters movement, including information on specific mental health challenges, reducing barriers to treatment, creating a supportive work environment and more, visit www.eachmindmatters.org.

The Placer Collaborative Network and the Network of Care commend these amazing students for all the work they have done and continue to do to ensure that Whitney High School is a safe, welcome environment for everyone, no matter what their struggles are. Keep up the good work!

What else is being done?



The Campaign for Community Wellness (CCW) was created in 2006 by the Placer County Systems of Care in conjunction with the Mental Health Services Act. The CCW is comprised of various community members, non-profit agencies, school staff members, and more. The CCW is a collaborative effort to build wellness in the community, evaluate community needs, and strengthen the voices of the underserved and underserved to ensure their access to important resources. The CCW aims to support efforts that promote culturally sensitive, efficient, and sustainable mental health resources in the community. The CCW meetings are the last Friday of every month from 10am to 12pm. Learn more at www.campaignforcommunitywellness.org.

Placer Speakers Bureau



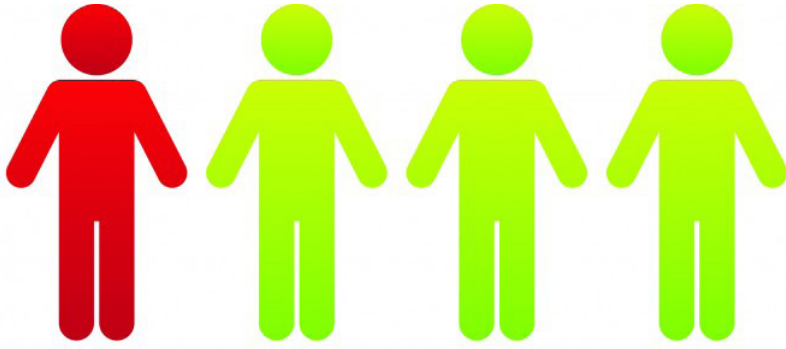
The Placer County Speakers Bureau presents inspirational stories of recovery from mental illness to diverse audiences in Placer County. Presenters from the Speakers Bureau are people who have lived those stories and who are leading successful, independent lives in the community. By hosting presentations that can last anywhere from seven minutes to an hour, the Speakers Bureau hopes to help end the stigma surrounding mental illness. Speakers also provide a message of hope and recovery, which can be extremely impactful for any audience members who are fighting their own battles with mental health issues. To learn more about the Speakers Bureau, visit www.placerspeakersbureau.com.



Lighthouse Counseling & Family Resource Center is a non-profit organization with the goal to ensure that every resident of Placer County lives a safe and healthy life. Lighthouse provides a multitude of free resources, including emotional and mental health resources such as individual and group counseling, emotion management, and various support groups. All of the resources at Lighthouse Counseling are 100% free. Visit www.lighthousefrc.org for more information.

For more information and resources, visit the Placer County Network of Care at www.placer.networkofcare.org/mh.





One in four people has a **mental illness**.
You can be the **one** that helps.

Helpful Tips and Tools from the Network of Care



The Placer County Network of Care has several tools that can help you live a healthy life. Read below to learn more about the resources we have that can help you or a loved one cope with mental health issues.

Are You Struggling with Mental Illness?

Are you worried that you are struggling with mental health challenges? There are several tools available at the Network of Care which can help you assess your emotional and mental health. Here are a few that you can explore:

- Are you Depressed?: <http://bit.ly/1XXnBOI>
- What Is Your Stress Level?: <http://bit.ly/1SwNSSU>

Supporting Someone who is Depressed⁸

In order to support someone who is struggling with depression, it's important to make sure you are educated about depression yourself! There are several online resources, such as www.nami.org or the Placer County Network of Care Health Library. Here are a few other things you can do to support someone who is dealing with mental health issues:

- If someone gives you permission to do so, help them set up a doctor's appointment
- Listen actively when someone needs to talk through something
- Ask how you can help someone with their daily life, such as helping with household chores or child care

Remember, while it's important to support someone struggling with depression, it is also important to take care of yourself! Read more at

<http://placer.networkofcare.org/mh/library/article.aspx?hwid=ug4814#ug4815>.

These are just a few things you can do to support someone struggling with mental health issues. To learn more, visit the Placer County Network of Care's Health Library (<http://bit.ly/1WqDAr5>). You can also explore our Learning Center (on our home page, www.placer.networkofcare.org/mh) to become more informed:



References

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3. Wier, LM (Thompson Reuters, et al. *HCUP facts and figures: statistics on hospital based care in the United States, 2009*.
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5. NAMI Handout: *Mental Health Facts: Children and Teens*. Retrieved from www.nami.org.
6. California Healthy Kids Survey Results, 2015-2016.
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Upcoming Events

May 24: Mental Health Matters Day
Come to the West Steps of the Capitol Building in Sacramento at 9:30am to join the community in speaking up about mental health. This event will feature entertainment, several speakers, and a lunch party. For more information, visit www.mentalhealthmattersday.org or contact info@mhac.org.

May 27: Mental Health Matters Collaborative Meeting

The Placer Collaborative Network and the Campaign for Community Wellness will be hosting a joint meeting on Mental Health. Join this meeting to increase your knowledge of mental health issues, understand myths related to mental illness, expand your understanding of stigma, and learn from speakers with lived experience. The meeting will be at 9am at PCOE Seavey Center (655 Menlo Dr, Rocklin). For more information, contact info@placercw.org.

June 16: Forum on Medical Marijuana

The Placer Collaborative Network will be hosting a forum on the medical benefits and risks of medical marijuana. Stop by for presentations regarding this growing public health issue in our community. The forum will be held from 10am to 12pm, location TBD. For more information, contact admin@placercollaborativenetwork.org

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