

Students for Change and
The O'Neil School's Office
of Diversity, Equity &
Inclusion presents:

truth & courage

A Mental Health Initiative
for Understanding
Perspectives, Sharing
Resources, and Reducing
the Stigma



Ask Yourself:

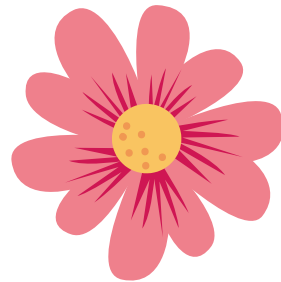


Content Warning: The content of this booklet contains themes of and related to depression and anxiety.

Do you or someone you know struggle with depression, anxiety, and or stress?

Would you be interested in what it takes to relieve symptoms and heal from trauma?

You can make a significant impact by expressing **value.**



From casual conversation to intentional demonstrations - expressing value for yourself and others can positively impact mental health and reduce associated stigmas.

Understanding Why

Depression, anxiety & stress are often related to person's perceived self-worth. This may be correlated with factors such as:

Health of Interpersonal relationships

History of abuse

Appropriate Work-Life Balance

Historic Oppression

Family mental health trends

Ability to obtain basic needs

Educational achievements

Physical, Developmental or Neurological Ability

Physical and or Emotional Health

Sense of belonging

Depending on an individual's situation or identity, they may be more likely to experience additional struggles impacting mental health:

Bias: A conscious or unconscious preconceived judgement of an individual based on a generalization or stereotype of their represented population.

Discrimination: Treating individuals and groups of people differently and often worse, through language, behaviors, and policies, based on generalizations and assumptions of a demographic.

Microaggressions: A statement, often with good intentions, that implies a flaw found in an individual's demographic.

Imposter Syndrome: When individuals feel undeserving of an opportunity, often because they are part of an under-represented population.

Steps to Heal

This list is some of the ways to show how much you value yourself and those around you. Done regularly, these activities can improve mental health symptoms significantly.

Reflection

- **For Yourself:** either in a journal or meditation, reflect on interactions, accomplishments, goals & desires. Address any personal realizations, struggles & potential aid, solutions or next steps.
- **With Others:** Offer support to a someone in need. If they feel comfortable, ask appropriate questions that will help guide them towards understanding what they need and additional steps.

Words of Affirmation

- **For Yourself:** Upon reflection, be sure to be kind to yourself. In reacting to mistakes or stressors, make sure to speak to yourself the way you would speak about a friend. Be sure to celebrate all your accomplishments, even the little milestones. Write down motivational quotes from people you admire.
- **For Others:** Remind those struggling how capable and valued they are, either through speech or in writing. Be sure to be positive, but not in a way that undermines their challenges.

Giving

- **For Yourself:** Reward yourself when you meet a milestone. Donate your time or money to causes you care about to help feel more positive.
- **For Others:** Give gifts or handwritten notes to people in your life who may need some positivity.

Acts of Service

- **For Yourself:** Be sure you are taking care of yourself physically, emotionally, and mentally. Give yourself breaks throughout the day to take deep breaths, reflect on your accomplishments, and eat and drink water. Take some time to exercise throughout the week, even if it is just taking walks. Try to keep your sleep, work, and living spaces organized and clean to help limit stress.
- **For Others:** Ask for ways you can help friends, family members or colleagues. Invite someone in need to go with you to run errands, study or exercise. If busy, try asking if you can deliver food or other supplies.

Quality Time

- **For Yourself:** Make time throughout your week to do something fun for yourself. Reinvest in or discover new hobbies to grow in other ways.
- **With Others:** Be intentional in how you socialize. Ask someone you know who is struggling to join you on fun adventures. Learn about their favorite activities or hobbies and schedule times to do them together.

Seek Care

- **For Yourself:** Reach out to a professional about how you can improve your mental health. Think of these options as ways to keep up with health, like exercise or eating healthy foods. You do not need to wait until life becomes extra challenging before reaching out.
- **For Others:** Ask someone you are concerned about their efforts to improve their mental health. Suggest school-wide, local, regional or national resources. If trying out therapy for the first time, offer to drive them, wait in the lobby for them, and or grab a coffee afterwards.

Showing Care

KEEP IN MIND:

- 1 Be patient**, respectful and understanding of yourself and/or those who confide in you. Do not underestimate the struggles or challenges being faced.
- 2 Be cautious** when expressing positivity. Sometimes it helps to have negative feelings acknowledged rather than set aside to mention the positive perspective.
- 3 Conduct QPR if necessary. Question** or ask about the state of their mental health. **Persuade** yourself or those in need to seek additional care. **Refer** yourself or others to helpful resources

Supportive Statements: For yourself & others

- "I know things have been challenging lately. Please remember that
 - (self) you have people who love and care about you."
 - (others) I am here for you if you ever need anything."
- "I am sorry about what you are going through. Your emotions are incredibly valid and you have every right to feel this way.
- "Try to be less hard on yourself when making mistakes. You are only human and I know you would never treat a friend this way if they made that mistake. Be kind to yourself."
- "You are so loved and you are never a burden."
- "Never underestimate how much you are needed here. Even if there are not a lot of other people here who share your experiences, you are so valued. Your perspective is needed and your presence is important. "

Resources:

Disclaimer: Students for Change did not chose the following resources and organizations based sponsorships, but based on their valuable services.

National Hotline

The following hotlines can be used to get support for yourself or someone you know. Others are available for more specific needs. If there is a medical or psychiatric emergency, call 911.

The 988 Suicide & Crisis Line

(formerly known as The National Suicide Prevention Lifeline)

- **Phone:** 988
- **Website:** 988lifeline.org

Crisis Text Line

- **Text:** HOME to 741741
- **Website:** crisistextline.org

National Domestic Violence Hotline

- **Phone:** 1-800-799-SAFE (7233)
- **Text:** START to 88788
- **Text from Landline:** 1-800-787-3224
- **Website:** thehotline.org

National Sexual Assault Hotline

- **Phone:** 1-800-656-HOPE (4673)
- **Website:** rainn.org

National Deaf Domestic Violence Hotline

- **Phone:** 1-855-812-1001
- **Website:** adwas.org

LGBT National Hotline

- **Phone:** 1-888-843-4564
- **Youth Hotline:** 1-800-246-7743
- **Website:** lgbthotline.org

National Drug Helpline

- **Phone:** 1-844-289-0879
- **Website:** drughelpline.org

Finding and Accessing Resources:

Free Food

Website: freefood.org

Health Clinic

Website: nafcclinics.org

Homeless Shelters

Website:
homelessshelterdirectory.org

Food Pantries

Website: foodpantries.org

Internet Essentials

Website: internetessentials.com

Phone: 1-855-846-8376

Libraries

Website: worldcat.org

Resources at Schools

Many higher education institutions and public schools have the following offices or services available to students:

- Career Services
- Counseling Services
- Food Pantries
- Free and Reduced Meal Programs
- Libraries Cultural Centers
- Medical Services
- Disability Services and Advocates
- Offices of Diversity, Equity and Inclusion
- Office of Sexual Violence Prevention and Victim Advocacy
- Platform for anonymous tips regarding the wellbeing of student
- Tutoring Services

If your school is lacking any critical services, find out ways to get them established at studentsforchange.org

The 988 Suicide & Crisis Line Phone: 988
Crisis Text Line Text: HOME to 741741

More Hotlines and Resources on pages 9 and 10



Students for Change is a nonprofit organization dedicated to empowering the youth to lead in positive effective change. We equip students with the tools to learn effective advocacy techniques, create important connections, and establish local projects.

Visit us on social or at studentsforchange.org



O'NEILL

SCHOOL OF PUBLIC AND ENVIRONMENTAL AFFAIRS
Office of Diversity, Equity and Inclusion

This project is in collaboration with the Office of Diversity, Equity and Inclusion at Indiana University's O'Neill School of Public and Environmental Affairs. Special thanks to Brian Richardson Jr.