

Mental Wellness



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QR code check out my blog
sista-teacher.com



Wellness Tools QR code
Google class code: lyazk6r

- Positive/optimistic attitude (outlook)
- Social support
- Exercise
- Rest/sleep

- Relaxation/meditation
- Spiritually connect
- Avoid drugs/alcohol
- Positive self-talk

- Watching a movie
- Music
- Drawing
- Reading
- Dancing
- Affirmations
- Sewing
- Cooking

- Eat healthy
- Time management
- Maintain normal routine as much as possible
- Socially connect (identify various ways)

**quantify
the
qualifiers**

available
resources

**different
methods**

mutual aid

informal networks

support

Not alone
no man
is
an island

gathering
information

*all the
appropriate help
one can find*

connecting
with others

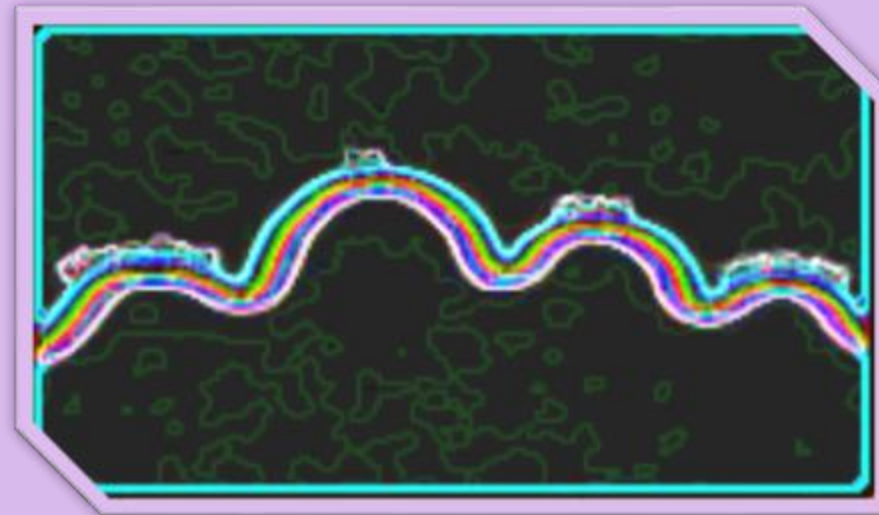
one step at a time

support system

Professional
assistance



Healing
is a
CHOICE



Healing is not linear

Healing is an art
*It takes **time***
*It takes **practice***
*It takes **love***

Healing is an art.
It takes time, it takes practice.
It takes love.

- Maria Quila

**ways
we can
help ourselves
and others**



**help another
who's struggling**

**5 ways
to
well-being**



mental health is not mental illness

**ways we
can eliminate
mental health
stigma**

Talk about it!!!

- ✓ at the party
- ✓ at church
- ✓ on TV
- ✓ on the radio
- ✓ on social media
- ✓ with our loved ones
- ✓ with our doctors

Don't whisper or gossip about it

mental health is not mental illness

challenges to mental health care

- Racism/Discrimination
 - Inequality
- Being perceived as “less than”
 - Access to services
- ❖ Transportation
 - ✓ Insurance
- Mistrust of professionals
 - Few BIPOC workers
- ❖ Appointment availability
 - Financial resources

Racial Discrimination and Mental Health

Nearly **17%** of African Americans were uninsured in **2014** as compared to **11%** for white Americans.

Only **53%** of African Americans diagnosed with major depressive disorders received mental health care in **2011** as compared to **73%** for white Americans.

In a study conducted by the American Psychological Association Center for Workforce Studies in

2015

, researchers found that

83.6%

of active psychologists were white Americans

The Impact Of Racism On Mental Health:

Feeling disconnected / lonely

Increase risk of depression and anxiety

Second-guessing things

Decreased hope (in the future, justice, the government etc.)

Increased "Survival Mode"

Decreased trust

Worry

Feelings of powerlessness (You can do the right thing and still end up with a horrific outcome)

Panic

Trauma (both from the present and triggering past instances / generational trauma)

Existential questioning "How can the world be so cruel?"



#BlackLivesMatter

@RealDepressionProject



MENTAL HEALTH AMONG AFRICAN AMERICANS

20% AFRICAN AMERICAN ADULTS ARE 20 PERCENT MORE LIKELY TO REPORT PSYCHOLOGICAL DISTRESS THAN WHITE ADULTS.

SOCIAL PROBLEMS SUCH AS RACISM, DISCRIMINATION AND SEXISM IS CONNECTED TO BLACK WOMEN BEING PRONE TO MENTAL HEALTH ISSUES.

IN 2012, 1 IN 5 (ROUGHLY 20 PERCENT OF) AFRICAN AMERICANS REPORTED HAVING NO HEALTH INSURANCE. COST REMAINS A HUGE ISSUE IN GETTING HELP FOR MENTAL ILLNESS

1 IN 5

SOCIAL STIGMA ASSOCIATED WITH MENTAL HEALTH ISSUES IS ONE OF THE PRIMARY REASONS PEOPLE DON'T SEEK HELP.

SOURCE: NAMI.ORG AND NCBI.NLM.NIH.GOV



Caused Naturally	Caused by People	
	Accidents, Technological Catastrophes	Intentional Acts
Tornado	Train derailment	Arson
Lightning strike	Roofing fall	Terrorism
Wildfire	Structural collapse	Sexual assault and abuse
Avalanche	Mountaineering accident	Homicides or suicides
Physical ailment or disease	Aircraft crash	Mob violence or rioting
Fallen tree	Car accident due to malfunction	Physical abuse and neglect
Earthquake	Mine collapse or fire	Stabbing or shooting
Dust storm	Radiation leak	Warfare
Volcanic eruption	Crane collapse	Domestic violence
Blizzard	Gas explosion	Poisoned water supply
Hurricane	Electrocution	Human trafficking
Cyclone	Machinery-related accident	School violence
Typhoon	Oil spill	Torture
Meteorite	Maritime accident	Home invasion
Flood	Accidental gun shooting	Bank robbery
Tsunami	Sports-related death	Genocide
Epidemic		Medical or food tampering
Famine		
Landslide or fallen boulder		

**events
that may
trigger a
traumatic
response**

self-harm & suicide

- *Self-harm* is hurting self as a way of to deal with very difficult feelings, painful memories, overwhelming situations and/or experiences
 - Examples:
 - Burning/cutting skin
 - Head banging/hitting self
 - Posing self w/pills
 - Misusing drugs/alcohol
 - Deliberately
 - starving self (anorexia nervosa)
 - binge eating (bulimia nervosa)
- *Suicide ideation* is wanting to take your own life or thinking about suicide
- **Passive Suicide Ideation:** occurs when one wishes they were dead or could die, but don't actually have any plans to complete suicide
- **Active Suicide Ideation:** is not only thinking about it but having the intent to complete suicide, including a plan of how to do it

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741

**warning
signs of
*suicide***



National Institute
of Mental Health

www.nimh.nih.gov/suicideprevention

ways
we can
help children

Feeling Words for Kids

Happy



bubbly
cheerful
content
delighted
ecstatic
glad
joyful
pleased
terrific
wonderful

Sad



blue
depressed
disappointed
down
gloomy
heartbroken
hopeless
miserable
unhappy
upset

Powerful



ambitious
bold
brave
certain
courageous
determined
empowered
mighty
strong
superhuman

Confused



doubtful
dumbfounded
indecisive
jumbled
lost
mixed-up
perplexed
tense
uncertain
unsure

Mad



angry
annoyed
crabby
enraged
frustrated
furious
grouchy
grumpy
infuriated
irritated

Other



afraid
ashamed
bored
caring
curious
embarrassed
guilty
jealous
quiet
shy



GROUNDING

**grounding
exercise
for adults**

5



4



3



2



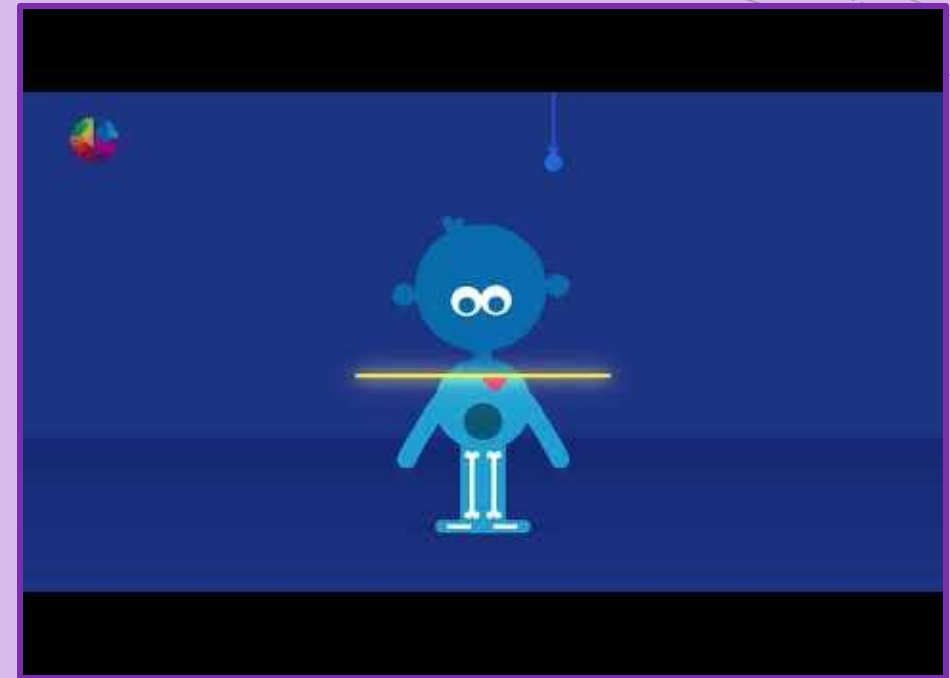
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grounding exercises for children

Body Scanner

<https://youtu.be/xLoK5rOl8Qk>



Breathe with me



Deep Breathing

https://youtu.be/qTN_MtV5TFw

Resources

National Crisis/Suicide Hotline Number 988 (starts 7/16/22)

NJ Resources

Youth ages 3-21

PerformCare 877-652-7624 <http://www.performcarenj.org/>

Mental Health Directory

https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Dir_COMPLETE.pdf

Addiction Treatment Services Directory

<https://njsams.rutgers.edu/TreatmentDirectory/>

<https://njsams.rutgers.edu/TreatmentDirectory/License>

(outpatient, inpatient, medication assisted treatment, and withdrawal management)

Counseling and Addiction Services

<https://nj.gov/nj/community/counseling/>

<https://www.state.nj.us/humanservices/dmhas/home/hotlines/>

Resources

Suicide Prevention Lifeline 1-800-273-TALK [8255]

Crisis Text Line: text “NJ” to 741741 (until 7/16/22)

2NDFLOOR Youth Helpline – 1-888-222-2228

NJ Addictions Services Hotline - 1-844-276-2777

Quit Smoking - 1-800-NJ-STOPS [1-800-657-8677]

Gambling - 1-800-GAMBLER [1-800-426-2537]

Veterans Counseling Hotline - 1-866-VETS-NJ4U [1-866-838-7654]

Mental Health Cares - 1-866-202-HELP [4357]

Domestic Violence Hotline 1.800.799.SAFE (7233)

National Dating Abuse Helpline 1.866.331.9474 / Text: LOVEIS (77054)

SPAN Parent Advocacy Network <https://spanadvocacy.org/>

Podcast: *Sheltered Journey* <https://anchor.fm/janice-wiggins>