



# KGI Peer Mentors

## Mental Health and Wellness Training

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# To Start Things Off

What is Mental Health?



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## What is Mental Health?

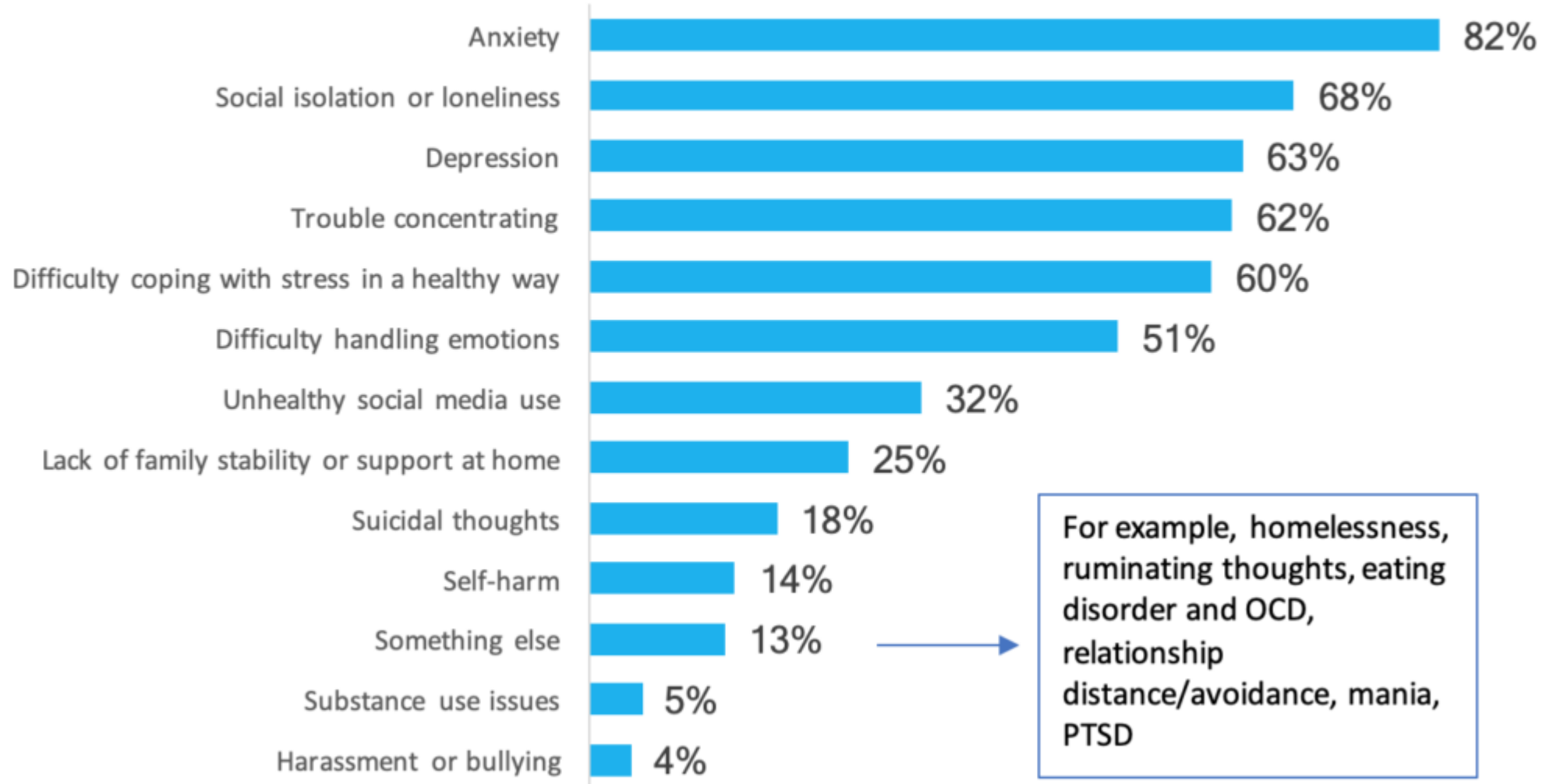
**World Health Organization defines “Mental health” as:**

a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.



# JED Foundation Survey of College Students – Fall 2020

## Which of the following mental or emotional health challenges have you experienced in the past month?





## Why It's Important to Know How to Help Your Peers

**40%**  
of Students



**DONT**  
seek help

**80%**

Feel overwhelmed by  
their responsibilities



**F**

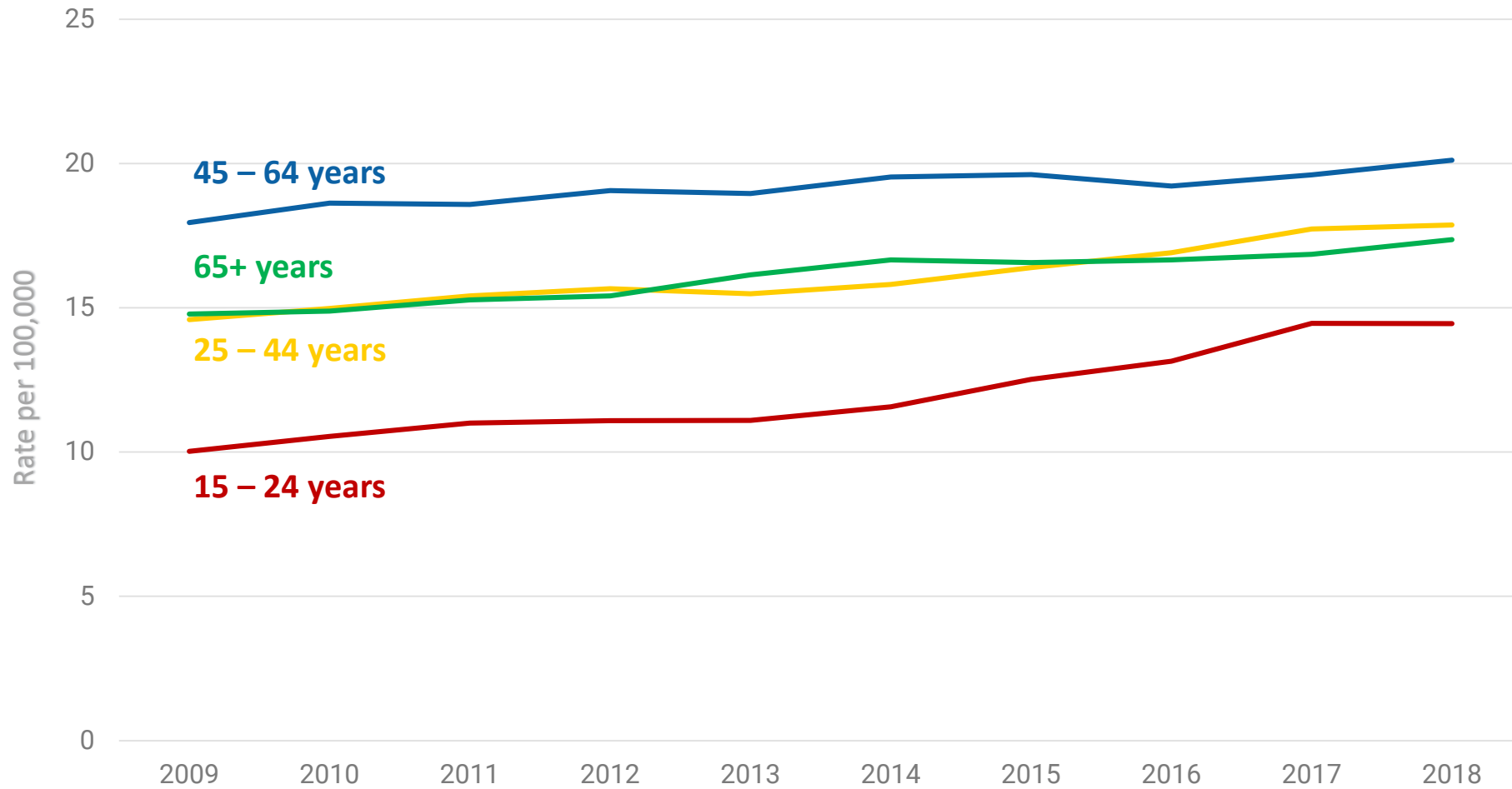


**50%**

Are so anxious they  
struggle in school



# Suicide Rates by Age, United States 2009-2018



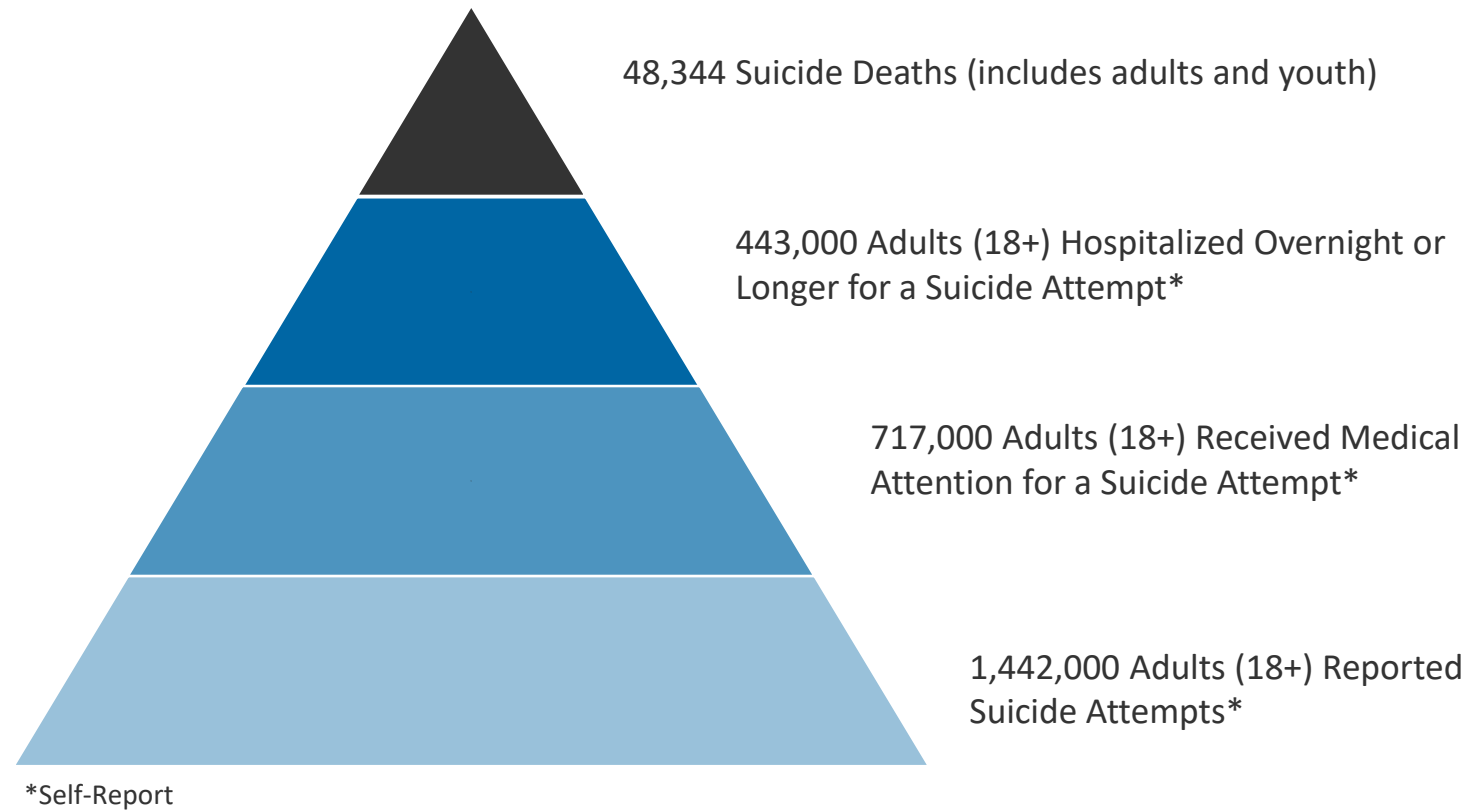


# 10 Leading Causes of Death by Age, United States 2018

		Age Groups						
		10-14	15-24	25-34	35-44	45-54	55-64	65+
Ranking	1	Unintentional injury (692)	Unintentional injury (12,044)	Unintentional injury (26,614)	Unintentional injury (22,667)	Malignant Neoplasms (37,301)	Malignant Neoplasms (113,947)	Heart Disease (526,509)
	2	➔ Suicide (596)	➔ Suicide (6,211)	➔ Suicide (8,020)	Malignant Neoplasms (10,640)	Heart Disease (32,220)	Heart Disease (81,042)	Malignant Neoplasms (431,102)
	3	Malignant Neoplasms (450)	Homicide (4,607)	Homicide (5,234)	Heart Disease (10,532)	Unintentional Injury (23,056)	Unintentional Injury (23,693)	Chronic Low Respiratory Disease (135,560)
	4	Congenital Anomalies (172)	Malignant Neoplasms (1,371)	Malignant Neoplasms (3,684)	➔ Suicide (7,521)	➔ Suicide (8,345)	Chronic Low Respiratory Disease (18,804)	Cerebrovascular (127,244)
	5	Homicide (168)	Heart Disease (905)	Heart Disease (3,561)	Homicide (3,304)	Liver Disease (8,157)	Diabetes Mellitus (14,941)	Alzheimer's Disease (120,658)
	6	Heart Disease (101)	Congenital Anomalies (354)	Liver Disease (1,008)	Liver Disease (3,108)	Diabetes Mellitus (6,414)	Liver Disease (13,945)	Diabetes Mellitus (60,182)
	7	Chronic Low Respiratory Disease (64)	Diabetes Mellitus (246)	Diabetes Mellitus (837)	Diabetes Mellitus (2,282)	Cerebrovascular (5,128)	Cerebrovascular (12,789)	Unintentional injury (57,213)
	8	Cerebrovascular (54)	Influenza & Pneumonia (200)	Cerebrovascular (567)	Cerebrovascular (1,704)	Chronic Low Respiratory Disease (3,807)	➔ Suicide (8,540)	Influenza & Pneumonia (48,888)
	9	Influenza & Pneumonia (51)	Chronic Low Respiratory Disease (165)	HIV (482)	Influenza & Pneumonia (956)	Septicemia (2,390)	Septicemia (5,956)	Nephritis (42,232)
	10	Benign Neoplasms (30)	Complicated Pregnancy (151)	Influenza & Pneumonia (457)	Septicemia (829)	Influenza & Pneumonia (2,339)	Influenza & Pneumonia (5,858)	Parkinson's Disease (32,988)

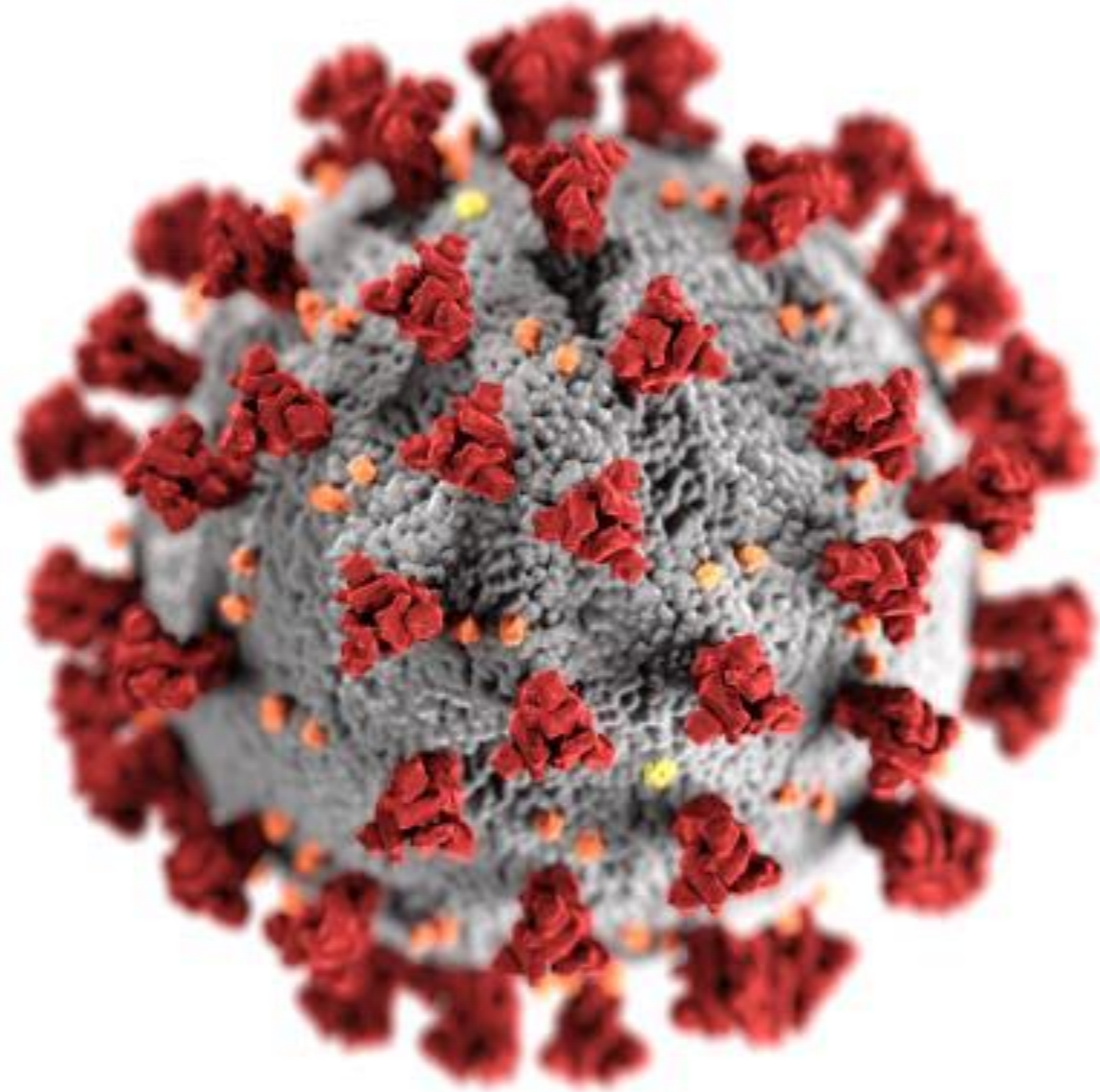


# Suicidal Behavior, United States 2018



# Objectives

1. Recognize warning signs and assist a peer who is experiencing distress or experiencing a mental health crisis.
2. Feel empowered to offer help and support.
3. Encourage peers to seek help when in distress.
4. Increase awareness of mental health and other resources and services available to KGI students.
5. Identify healthy coping strategies to manage stress.



# Your Role as Peer Mentor

- Promote connectedness
- Identify students at risk
- Increase help-seeking behavior in others
- Develop and share coping skills



What are some ways **you** help your friends and family?



HOW  
ARE  
YOU,  
REALLY?

THE NUE  
CO

OVERALL  
MURALS  
SINCE 2011

# Distress

***Some of the signs that a peer may need help are changes in:***

- Appearance
- Mood or disposition
- Behavior or speech
- Relationships
- Grades or level of interest in school

# How To Help Others

## What can you do if you see someone struggling?

- Reach out, check in
- “How are you doing?” **“How are you, really?”**
- “What can I do to help?”
- Acknowledge that it’s a tough time
  - ✓ Shared burden: “You are not alone”
- Give an opportunity to talk about it...and listen non-judgmentally
- Help determine if they need additional help
  - ✓ **Contact a provider**
  - ✓ **Call or text a help line**
  - ✓ **Reach out to supports**



# Giving Help

You're not a therapist!

You don't need to know what the problem is to help someone.

You are not making a diagnosis.

You don't need to be an expert to know that something is wrong.

**Refer to a professional if distressing thoughts, feelings or behaviors:**

- Become too intense to handle
- Last too long
- Don't get better or get worse
- Interfere with day-to-day behaviors
- Become dangerous to anyone

# Signs of Suicidal Thinking

- Talking about wanting to end it all
- Giving away possessions
- Expressing guilt, hopelessness, or desperation
- Withdrawing from everyday life
- Experiencing intense anger
- Asking about or seeking access to fatal items
- Posting goodbye messages online



# What to Do

If you sense someone is having suicidal thoughts:

- Take it seriously: 50-75% of people who attempt suicide talk about it first, and usually with a friend
- Get the information you need to know how to act
- Connect them to help
- Never put yourself in danger

# How to Have the Conversation

“I’m worried about you because...”

- Explain why you are concerned
- Use examples
- Show compassion, remain calm
- Listen
- Know your limits
- Be aware that it might not go as planned—and that’s okay

# How to Have the Conversation

- Help the person identify past supports
- Provide a safety contact number (e.g., Suicide Prevention Lifeline)
- Involve them in decision making
- Call law enforcement immediately if the person has a weapon or is behaving aggressively

## **Do Not**

- Leave an actively suicidal person alone
- Use guilt and threats to try to prevent suicide
  - *“You will go to hell”*
  - *“You will ruin other people’s lives if you die by suicide”*
- Agree to keep their plan a secret

# What if They Don't Listen?

They may...

- Not believe that there's a problem
- Believe that talking about it will make it worse
- Be worried about consequences
- Feel judged
- Need to talk to someone else or at a different time

# What if They Don't Want to Talk?

- Offer to talk at another time
- Recommend they talk to a professional
- Connect them to resources
- Keep the lines of communication open
- Follow up
- Keep trying
- Call **911** if you feel that there's potential for harm to self or others



# You Can Make a Difference

- Stay aware
- Trust your instincts
- Reach out to students who appear distressed
- Know your campus resources for routine and crisis situations
- Spread the word – share resources



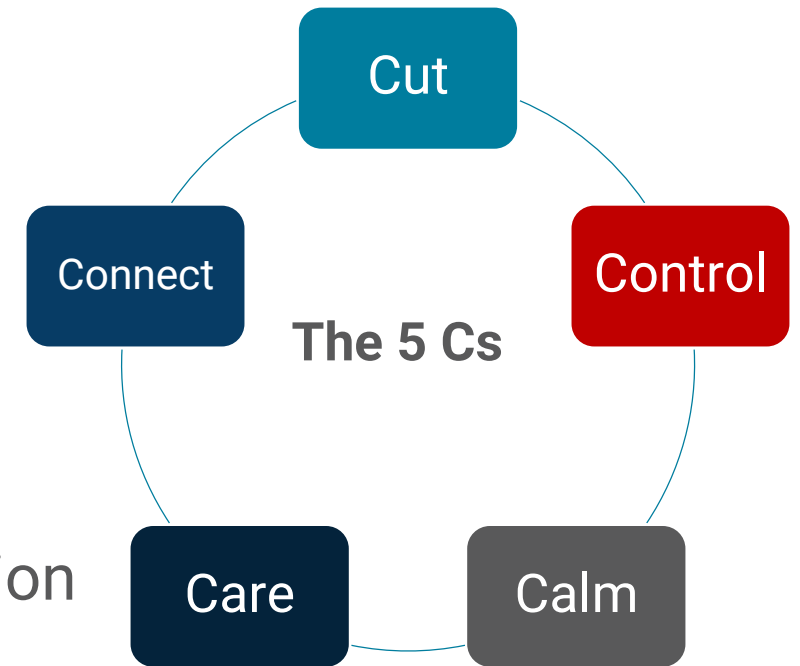
# Resources

- [TCC Care Guide](#)
- KGI Health and Wellness <https://www.kgi.edu/student-life/student-affairs/student-and-campus-life/health-and-wellness/>
- KGI Wellness Check (bottom of Health and Wellness page)
- Peer Mentor Program <https://www.kgi.edu/student-life/student-affairs/academic-support-services/peer-mentor-program/>
- Monsour Counseling and Psychological Services (MCAPS)
- TimelyMD <https://timely.md/faq/7c-health-the-claremont-colleges/>
- [LiveSafe app](#) Health and Wellness tile
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- Crisis Text Line: Text “START” to 741-741

# Healthy Coping Strategies

## How can we take care of ourselves?

- **Cut** down: Take breaks from news and social media
- Focus on what you can **control**:
  - Exercise
  - Nutrition
  - Sleep
- Stay **calm**:
  - Reasonable goals
  - Avoiding drugs and alcohol
  - Mindfulness, deep breaths, stretching, meditation
  - Activities you enjoy
- **Care**: for yourself and others with kindness
- Stay **connected**: **Social distancing, \*not\* social isolation!**



# Mental Health Apps

*CBT-i Coach* – guided imagery for sleep

*Breathe2Relax* – deep breathing

*Insight Timer* – meditation

*Moodfit* – positive psychology practices and tools

*Calm* – sleep and meditation

*iChill* – teaches Community Resiliency Model (self-help skills)

*IntelliCare Thought Challenger* – cognitive behavior therapy



# Take Care of Yourself Take Care of Others



**This will end (even if it doesn't feel like it now)**

Vast majority of people will do well

**Strengths and resilience will come from this adversity**

**Look for, recognize, and contribute to kindness**

*Find outlets for meaningful action*