



# WELCOME TO THE MENTAL HEALTH WEBINAR AND CHECK-IN

JULY 23, 2020

The goal of this webinar is to increase understanding and knowledge and to share stories and comments. In light of this, we ask that all abide by the following expectations:

1. Please demonstrate professionalism and respect in all communication.
2. If you would like to share, raise your hand and we will unmute your microphone.
3. If you would like to ask a question, enter it into the Q&A.
4. Click on “Participants” at the bottom of the Zoom screen to see who else is on the call.
5. Use the chat box for ideas and side conversation. Make sure it is set to “Everyone” unless you need to send a private message.

**This webinar will not be recorded however the PowerPoint will be sent to everyone who has registered and will be available on the CNSA website after event conclusion.**

# MENTAL HEALTH STATISTICS

- 1 in 5 U.S. adults experience mental health illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- Depression is a leading cause of disability
- Lesbian, gay and bisexual adults are 2x as likely as heterosexual adults to experience a mental illness – and more than 3x as likely to experience a serious mental illness
- Suicide is the 2<sup>nd</sup> leading cause of death among people aged 10-34
- Lesbian, gay and bisexual youth are 4x more likely to attempt suicide than heterosexual youth
- Transgender adults are 12x more likely to attempt suicide in a given year compared to the general U.S. population

## CULTURE AND IDENTITY IN MENTAL HEALTH

- Racism and racial trauma have effects on mental health and need to be addressed within healthcare
- There are disparities to access to mental health care in vulnerable populations, who may not have adequate health insurance to cover the cost of mental health services
- Healthcare should improve upon cultural awareness in mental health treatment
  - Mental health-related stigmas within certain communities may prevent a patient from seeking care
  - Mental health illnesses may also be understood differently

# ADDRESSING THE STIGMA

## **Sharing our stories**

- Community conversations
- Support groups

## **Advocacy**

- Support legislation or policies that help make mental health care more accessible

## **Outreach & Education**

- Help increase awareness and information about mental health

# MENTAL HEALTH RESOURCES

**In an emergency, call:**

**The National Suicide Prevention Lifeline**

**I-800-273-TALK (8255); En Español I-888-628-9454**

**Helplines:**

**SAMHSA's National Helpline**

**I-800-622-HELP (4357)**

**National Alliance on Mental Illness (NAMI)**

**I-800-950-NAMI**

**Or in a crisis, text "NAMI" to 741741**

## FOR MORE INFORMATION

### National Institute of Mental Health (NIMH)

- Health information - signs and symptoms, risk factors, and treatment
- Educational materials - brochures and fact sheets

### Substance Abuse and Mental Health Services Administration (SAMHSA)

### National Alliance on Mental Illness (NAMI)

- Linked to NAMI's public policy reports

### MentalHealth.gov

- Information and toolkit on how to start a community conversation around mental health

### ANA's Mental Health Help for Nurses

# **CHECK-IN TIME**

THOUGHTS?

COMMENTS?

STORIES?

**HOW HAVE YOU BEEN COPING DURING THE  
PANDEMIC?**

**DO YOU FEEL LIKE YOU HAVE ADEQUATE  
SUPPORT WHILE IN NURSING SCHOOL?**

**ARE THERE SPECIFIC THINGS THAT YOU WISHED  
YOUR NURSING PROGRAMS COULD DO IN  
SUPPORTING YOU AS A STUDENT?**



# GROUNDING TECHNIQUES

- Guided imagery
- Breathing exercises
- 5-4-3-2-1 Technique
  - Search for 5 things they can see
  - Search for 4 things they can touch
  - Search for 3 things they can hear
  - Search for 2 things they can smell
  - Search for 1 thing they can taste

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