

A detailed botanical illustration serves as the background for the slide. It features a variety of plants: a large yellow hibiscus flower on the left, a pink flower at the top left, white star-shaped flowers on the top right, and a lemon on the bottom right. Green leaves and stems are scattered throughout the composition.

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Student Health and Wellness | Mental Health



Student Health & Wellness



Jed Foundation Model of Mental Health Promotion and Suicide Prevention



Defining the Problem: Mental Health as a Continuum

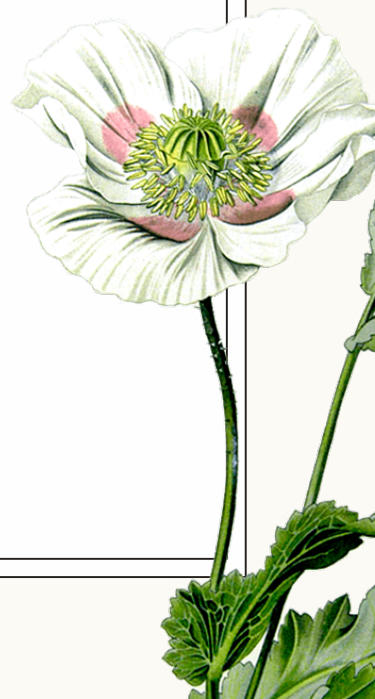


Health	Reacting	Injured	Severe/ Persistent Impairment
<ul style="list-style-type: none">• Informal• Self Help• Community Supports• Coping• Family/Friends	<ul style="list-style-type: none">• Common• Reversible• Supportive Services• Self-Care• Skill Building	<ul style="list-style-type: none">• Significant Functional Impairment• Time-Out• Course of Treatment	<ul style="list-style-type: none">• High Risk• Duration• Difficulty with independent functioning• Multidisciplinary treatment



What are common concerns?

- –How do I know when someone is really in distress?“
- –I don’t want to make it worse.“
- –I don’t know what to say.“
- –I don’t want anyone to get in trouble.“
- –I may not want to get involved.“



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Distress and Disconnection


Structural

- Racism
- Lack of representation (social exclusion)
 - Minority Stress
 - Stereotype Threat
 - Acculturative Stress
 - Imposter Syndrome

Interpersonal

- Absence of helping
- Microaggressions

Individual

- Mental health literacy
 - Stigma
- 

4 Components of Stigma

- 1) Labelling
- 2) Link Label to Stereotype (self-fulfilling prophecy)
- 3) Separation (Us vs Them (Behind the Mask))
- 4) Loss of Status or Discrimination

Hatzenbuehler, M.L., Phelan, J.C., and Link, B.G. (2013). Stigma as a Fundamental Cause of Population Health Inequalities. *American Journal of Public Health*, 103(5), 813-821.

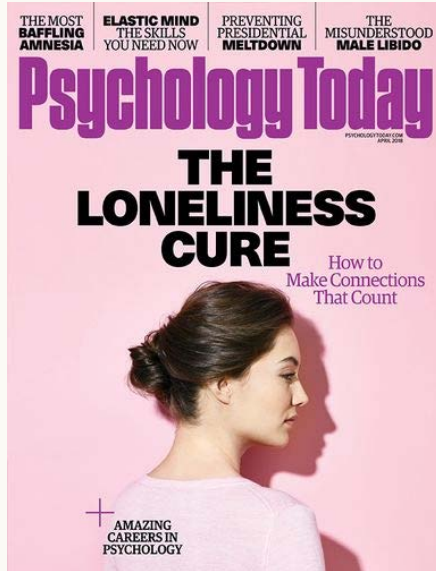




Lift the Mask

PORTRAITS OF LIFE WITH MENTAL ILLNESS

Loneliness as a public health issue



- Loneliness is the equivalent of smoking 15 cigarettes a day.
- Acts on same parts of brain as physical pain
- Social support is protective
- Loneliness is not being alone; subjective experience independent of the size of network.
- Emptiness
- Worthlessness
- Lack of control
- Personal Threat
- 16-24 y.o. most likely of all age groups to report feeling lonely

Warning Signs

Crisis: Immediate support needed


- Threatening to hurt or kill themselves
- Looking for ways to kill themselves
- Talking or writing about death, dying, or suicide

Distress: Symptoms of concern

- Hopelessness
- Rage, anger, seeking revenge
- Acting reckless
- Feeling trapped
- Increased drug/alcohol use
- Withdrawing from others
- Anxiety, agitation, changes in mood
- Inability to sleep
- Not seeing a reason for living

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- If you think it is odd, it probably is!
- Your worry is “smoke” for what may be fire. This behavior may be just a glimpse of a larger pattern.
- If you have any concerns whatsoever, ask about it.
- *Within the boundaries of your role, it is better to do too much than too little.*



You don't have to
have the right
answers, being there
to **LISTEN** might be
all someone needs.



Making a Referral

Crisis = in need of immediate assistance

- ◎ **Immediate danger – call 911** or UConn Police 860-486-4800
- ◎ UConn SHaW Mental Health 24/7 On-Call – 860-486-4705

Distress = in need of additional supports

- ◎ UConn SHaW Mental Health – 860-486-4705
 - Consultation & Support Drop-In, therapy services, 24/7 On-call
- ◎ National Suicide Prevention Lifeline – 1-800-273-8255
- ◎ Crisis Text Line – Text “HOME” to 741741

A detailed botanical illustration border surrounds the central text. It includes a pink flower with green leaves at the top left, a yellow flower with green leaves at the bottom left, a branch with small white flowers and green leaves at the top right, a branch with small red flowers and green leaves at the bottom left, and a branch with a single yellow fruit (lemon or orange) and green leaves at the bottom right.

**When in doubt,
consult!**

Get training

suicideprevention.uconn.edu



ask



listen



refer

Online Suicide Prevention Training

U C O N N
H E L P S

Helping Everyone Learn to Prevent Suicide

CONSULTATION AND SUPPORT *Virtual!*

MON-FRI 1-3 PM

Schedule a FREE, confidential consultation with one of our therapists

Virtual!



Meditation & Neurofeedback

Free classes throughout the semester!

Gentle Therapeutic Yoga

Tuesdays at 5p

Thursdays at 4p

Virtual!

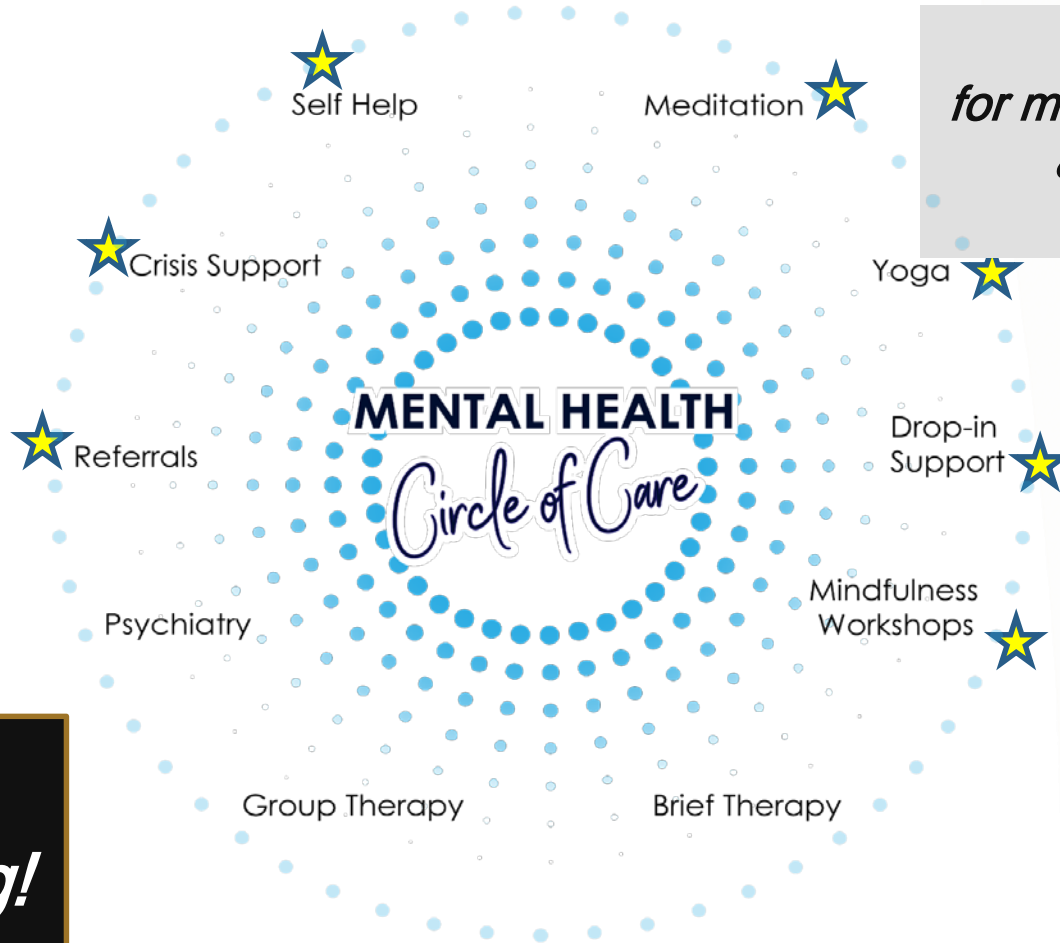


Introduction to Mindfulness *Virtual!*

- Drop in
- Monday 11:00am æ 12:00pm
- Tuesday 12:30pm æ 1:30pm
- Wednesday 3:00pm æ 4:00pm
- Thursday 3:00pm æ 4:00pm
- Friday 1:00pm æ 2:00pm



***On-Call 24/7
for mental health crises
860-486-4705
(Free!)***



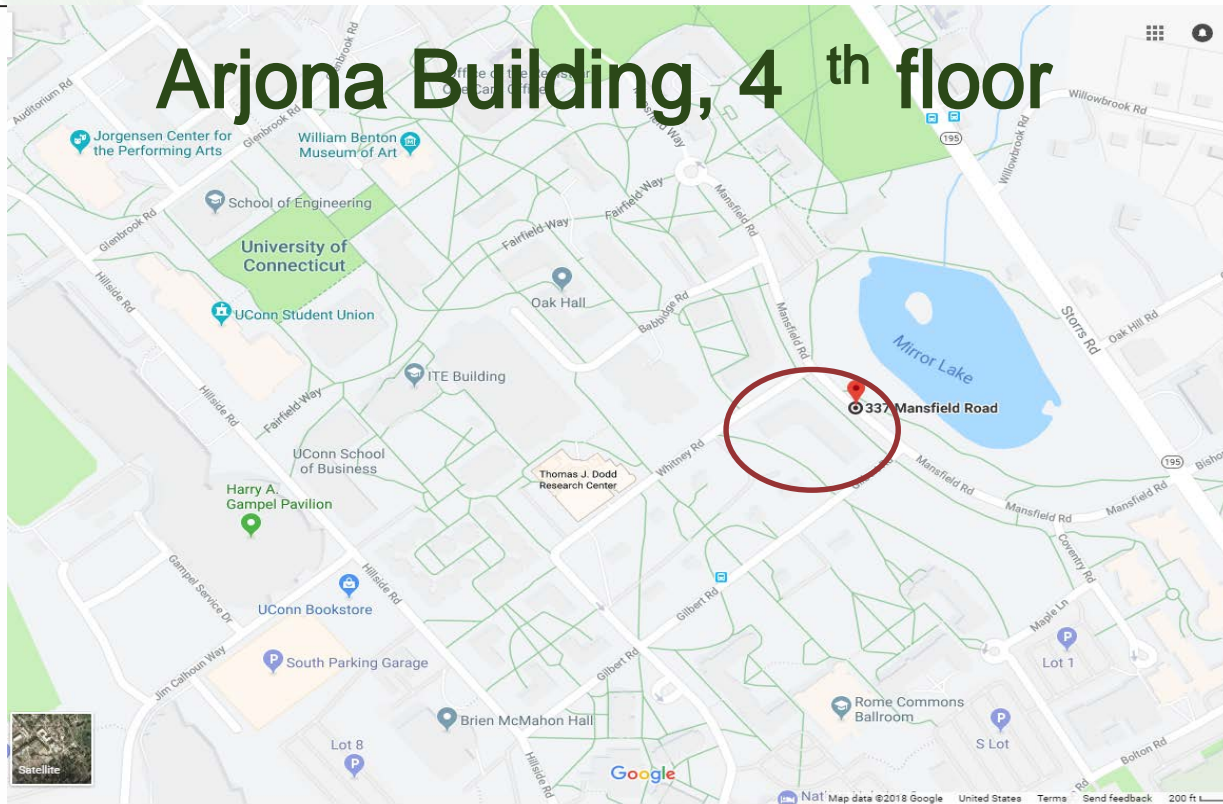
***Online
scheduling!***



Student Health and Wellness —Mental Health

Services available in English, Mandarin, and Spanish

Arjona Building, 4th floor





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860-486-4705



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