



WARNING SIGNS

of Mental Health Conditions

- ⚠ Feeling very sad or withdrawn for more than 2 weeks
- ⚠ Severe, out-of-control, risk-taking behaviors that cause harm to self or others
- ⚠ Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- ⚠ Seeing, hearing or believing things that aren't real
- ⚠ Drastic changes in mood, behavior, personality or sleeping habits
- ⚠ Extreme difficulty concentrating or staying still that puts a person in physical danger or causes school failure
- ⚠ Intense worries or fears that get in the way of daily activities
- ⚠ Throwing up, using laxatives or not eating to lose weight; significant weight loss or weight gain
- ⚠ Using alcohol or drugs excessively
- ⚠ Trying to harm oneself, attempt suicide or making plans to do so

SAMPLE STRENGTH BASED QUESTIONS TO USE WHEN INVOLVING STUDENTS:



- What does success mean to you?
- What are your strengths, interests, and preferences?
- What are your fears and frustrations?
- What motivates you? What reinforces you?
- What is the best way to communicate with you?
- What is the best way to provide support or suggestions?
- What has helped you be successful in the past?
- Who has worked successfully with you in the past?

SIGNS OF SUICIDE

- Talking, writing or drawing about death
- Talking about:
 - Having no reason to live
 - Being a burden to others
 - Not being here tomorrow
- Feeling hopeless, desperate or trapped
- Looking for ways to attempt suicide
- Giving away possessions
- Loss of interest in things they care about
- Behaving recklessly
- Anger, irritability, violence

REACH OUT AND RESPOND

IF YOU BELIEVE SOMEONE IS CONSIDERING SUICIDE

Take Action Immediately!

- Ask them the question, "Are you thinking about suicide?"
- Don't leave them alone
- Escort them to the school mental health contact
- Share relevant information with the mental health contact
- Determine who will contact their family



WHAT NOT TO SAY TO STUDENTS:

- **Don't** say, "We all go through times like these. You'll be fine"
- **Avoid** questions that will only give you a "yes" or "no" answer
 - "Are you OK?"
 - "Are you having any problems?"
- **Avoid** questions that indicate you want "no" as an answer
 - "You're not feeling anxious about coming to class, are you?"
- **Don't** promise confidentiality
- **Don't** suggest that they have a specific mental health condition



WHAT NOT TO SAY TO FAMILIES:

- **Don't** imply the parents or the student are at fault
 - Don't ask "Is there something that has happened at home to cause this?"
- **Don't** suggest their child has a specific mental health condition
- **Don't** assign all of the work to the family to do at home, it's important that they understand that it will be a group effort between home and school
- **Don't** share all the negative or that you've exhausted all of your resources with no change
 - "I just don't know what else to do with him/her."
- **Don't** forget about families with special circumstances
 - Single parent home, dual working families, parent with a mental health condition, socioeconomic status, etc.





Language Matters

Recovery is possible for anyone with a mental health condition. Choosing words that acknowledge a person's resiliency, strength and courage in the face of challenges breaks down negative stereotypes, encourages connection and gives people hope.

You can choose words that eliminate stigma and reflect an understanding of mental health using this tip sheet to guide you. Help others see that people living with mental health conditions are just people. This simple, but caring approach may encourage someone in need to reach out for support.

It only takes one person to make a difference. Lead by example. Be that person.

Language Tips

Say

Mental health

Mental health condition

Person living with a mental health condition

My daughter has Bipolar Disorder

Lives with or has

Instead of

Mental illness

Brain disorder or brain disease

Consumer or patient

My daughter is bipolar

Suffers from, afflicted with or mentally ill

A person is not their mental health condition. Just like you wouldn't say someone is cancer, use "has" or "lives with" instead. Talk about mental health in a way that empowers people. Words like "brain disorder/disease," "mentally ill" and "suffers from" can be intimidating and give the illness the power.

Talking About Suicide

Say

Suicide attempt/
attempted suicide

Died by suicide/
suicide death

Took their own life

Died as a result of self-
inflicted injury

Disclosed

Instead of

Failed suicide or
unsuccessful attempt

Successful or
completed suicide

Committed suicide

Chose to kill
him/herself

Threatened

When talking about suicide, consider other meanings your words may have. For example, "committed suicide" implies that suicide is a crime. You can help eliminate the misunderstanding and stigma that prevent people from speaking up and getting support by choosing words that are more clear and neutral.



National Alliance on Mental Illness

Progression

A NAMI Utah Course for Teens with Mental Health Conditions

What is NAMI Utah's Progression Course?

Progression is a free six-week class for teens with mental health conditions. In a safe, supportive environment, teens meet teens with mental health conditions and learn all about mental illness including causes, symptoms, diagnosis, treatment, recovery, and tips for leading a full, enriching life with a mental health condition. Our certified instructors are young adults who first experienced mental illness as teens. Classes are taught through readings, discussions, fun art projects, video clips, music and more.



New Courses Starting soon!

For teens ages 13 – 18.
Pre-registration and parent permission is required.

Location

Virtual, on Zoom

Questions & Registration

Register at: <https://form.iotform.com/203496656956068>

For more information contact Victoria at 385.246.5931 or victoria@namiut.org

Participant Perspectives

“I gained so much insight and I looked forward to the classes every week. I thought I knew a lot about mental health but I learned so much.”

“It was a great class. I especially loved meeting others with similar experiences.”



What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

Basics online courses starting soon!



Participant Perspectives

“This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all.”

“The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward.”

“NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office.”

Contact us to register for this NAMI Basics class!

Register at <http://namiut.2.vu/cc>

Questions?

Contact Christene Finch

christene@namiut.org

(385) 743-1360



NAMI Utah
National Alliance on Mental Illness

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Utah and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental health conditions and their loved ones.

Free NAMI Programs Now Online!

NAMI Connection Support Group

Support Group for adults with mental health conditions.

Register at: <http://namiut.2.vu/sg>

NAMI Family Support Group (English and Spanish)

Support Group for family members of loved ones with mental health conditions.

Register for English: <http://namiut.2.vu/sg>

Registrese en Español: <https://www.jotform.com/build/203017942455150>

NAMI Peer-to-Peer

8-week course for individuals with mental health conditions.

Classes starting soon!

Register at: <http://namiut.2.vu/cc>

NAMI Family-to-Family (English and Spanish)

8-week course for those supporting loved ones with mental health conditions.

Classes starting soon!

Register for English: <http://namiut.2.vu/cc>

Registrese en Español: <https://form.jotform.com/201297536291054>

NAMI Basics (English and Spanish)

6-week course for those supporting children 18 and under with mental health conditions.

Classes starting soon!

Register at: <http://namiut.2.vu/cc>

Registrese en Español: <https://form.jotform.com/201297536291054>

NAMI Utah Progression

6-week course for teens 13-18 years old with mental health conditions.

Classes starting soon!

Register at: <https://form.jotform.com/203496656956068>



For more information about NAMI Online programs please contact
Christene Finch, State Programs Coordinator for NAMI Utah at christene@namiut.org.
www.namiut.org | 801.323.9900 | Instagram: @NAMI_Utah | www.facebook.com/namiut

Free NAMI Seminars Now Online!

NAMI Family & Friends is a 90-minute seminar that informs and supports people who have loved ones with a mental health condition.

- **2nd and 4th Thursdays 7:00 – 8:30pm**

Register at: <https://form.jotform.com/201075680388156>

NAMI In Our Own Voice is a 60- minute interactive presentation that provides insight into what it's like to live with mental illness.

- **1st and 3rd Thursdays 7:00 – 8:00pm**

Register for English: <https://form.jotform.com/201075680388156>

Register for Spanish: <https://forms.gle/yPQ8KwQFpje8MC7J6>

QPR: Question, Persuade, Refer: is a 90- minute interactive training that provides the basics to suicide prevention.

- **3rd Thursdays 12:00 – 1:30pm**

Register at: <http://namiut.2.vu/qpr>



Contact us to schedule a seminar for a group you're involved with!

For more information please contact Victoria at victoria@namiut.org or call 385-246-5931

www.namiut.org | 801.323.9900 | Instagram: @NAMI_Utah | www.facebook.com/namiut



**Make a
difference
in the life
of teens.**

Schedule a **NAMI
Ending the Silence**
presentation for your
students, school staff
and families.



nami

National Alliance on Mental Illness

Ending the Silence

**NAMI Ending the Silence is a 50 minute
presentation about mental health conditions.**

For more information contact Victoria Workman:
385.246.5931 or Victoria@namiut.org

Ending the Silence

NAMI Ending the Silence is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

What Your Audience Will Get

- Free of cost to schools and communities
- **NAMI Ending the Silence for Students:** 50-minute presentation designed for middle and high school students that includes warning signs, facts and statistics and how to get help for themselves or a friend. [Research](#) has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students' knowledge and attitudes toward mental health conditions and toward seeking help
- **NAMI Ending the Silence for School Staff:** 1-hour presentation for school staff members that includes information about warning signs, facts and statistics, how to approach students and how to work with families
- **NAMI Ending the Silence for Families:** 1-hour presentation for adults with middle or high school aged youth that includes warning signs, facts and statistics, how to talk with your child and how to work with school staff

What People Are Saying

"I'm really grateful and glad that you talked to us. I often feel very alone or weird because many kids my age don't understand. But, now I'm sure they would be more supportive of me." -Student

"Thank you, Renee, for coming to my school and sharing your story. You have changed my life forever. The things you explained about your depression relate to how I feel. When I got home, I immediately talked to my parents and hopefully I will get some help." -Student

"It is amazing what just one day, one talk can do. You never really know what's going on in the brain of any particular student." -Teacher

"Recently parents from two different families reached out to me after their children had seen NAMI Ending the Silence. Both were thanking me for the work we do along with being grateful to know about us as a resource. They were able to have very meaningful and open conversations with their children/students and happy they are getting this information in the school setting." -ETS Program Leader

Introductory Video

Click here to see a short video that further explains the Ending the Silence presentation:

<https://youtu.be/c68zZikPhqc>

Schedule An Ending The Silence Presentation

If you would like to host a NAMI Ending the Silence presentation at your school, contact Victoria Workman at 385.246.5931 or victoria@namiut.org. If the presentation isn't already available, ask to bring it to your community