

BEHAVIORAL HEALTH PREVENTION AND WELLNESS

FACEBOOK TOOLKIT | VERSION 5



Community

MENTAL HEALTH

CLINTON • EATON • INGHAM

Together we can.

2024



Publication brought to you by:

Community Mental Health
Authority of Clinton, Eaton, and
Ingham Counties

www.ceicmh.org

www.facebook.com/ceicmh

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- ✓ CMHA-CEI services
- Community training opportunities
- * Resources and community supports
- ◆ Stigma reduction language
- ◐ Facts and tips



USING THIS TOOLKIT

ABOUT THE TOOLKIT

This toolkit has been specifically designed with our community partners in mind. It is the goal of Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) that this toolkit helps our community partners to disseminate information about behavioral health, prevention, and wellness, to the individuals and families they serve.

It is CMHA-CEI's hope that this will equip our partners with easy-to-use and useful information for their audiences. This Facebook Toolkit will increase awareness, promote local resources and training opportunities, and reduce stigma around behavioral health issues affecting our communities.



GETTING STARTED

All of the information and resources within this toolkit can be used to make posts on your organization's Facebook page. You will find the information categorized by topics such as general mental health education, anti-stigma, substance use disorders, suicide prevention, and more.

All you need to do is simply:

1. Copy the post text,
2. Paste the post text,
3. Attach any images that may be specified, and
4. Post!



QUESTIONS?

Should you have any questions regarding the information and resources provided in this toolkit you can contact our skilled staff for assistance.

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1. MENTAL HEALTH EDUCATION

POSTS

- ✓ Do you want to know how to help someone living with depression?
 1. Help them connect with a doctor or mental health professional.
 2. Offer support, understanding, patience, and encouragement by listening, invite them out for walks or other activities, and checking in.
 3. Remember! Never ignore comments about suicide. Direct them to Crisis Services at Community Mental Health Authority of Clinton, Eaton, and Ingham Counties at 517-346-8460. Crisis Services is open 24/7. <http://ceicmh.org/services/cs>

- ✓ Do you know what to do in a mental health emergency? Community Mental Health Authority of Clinton, Eaton, and Ingham Counties has a broad continuum of youth intensive crisis stabilization services including a free 24/7 free standing crisis center for walk-in crisis services needs, mobile crisis teams, urgent care (crisis stabilization), urgent access to psychiatry, and crisis respite. Call 517-346-8008 to access these services. Visit www.ceicmh.org to learn more.

- ✓ Families Forward is teaming up with local partners in the community to offer fun and engaging skills-based groups called "Stress Busters" and "Coping with Life". These groups will help youth of all ages learn practical skills to help them manage life stress, improve their social skills, and have fun doing it! www.ceicmh.org/services/kids to learn more or contact Jody Nelson at nelsonj@ceicmh.org. To learn more, visit <http://www.ceicmh.org/services/kids>

- ✓ If you see changes in someone in your life, it could be a sign they're struggling with their behavioral health. Let them know that you're there for them by sharing a behavioral health screening that they can take anonymously from their device. <https://screening.mentalhealthscreening.org/CEI>
[Insert: Behavioral Health Screening Tool Image]
Image Description: Image of Behavioral Health Screening Button.

- You can make a difference with #MentalHealthFirstAid! For more information or to register for a class, go to www.eventbrite.com and search for MHFA or call Customer Service at 517-346-8244.
[attach the image "Show your Support"]
Image Description: 1 in 5 people have a mental illness. Show your support and get trained in Mental Health First Aid Training.

- * You don't have to struggle with your mental health alone. There's help. #988Lifeline #MentalHealthAwareness #Anxiety
[Insert 988 Facebook, X/Thread, or LinkedIn Graphic]



- ✳ Especially during times of stress and uncertainty, it's important to keep tabs on our health - including our behavioral health, which includes mental health, substance use, and more. A helpful step can be taking a mental health screening- an anonymous, no-pressure way to check-in: <https://screening.mentalhealthscreening.org/cei>
- ◆ One of the most important ways that we can #StandAgainstStigma is by having open, honest conversations about mental health. Not sure what to say? This resource has great tips and conversation starters: <https://www.mentalhealth.gov/talk> [attach image You Can Talk To Me]
Self Description: People standing in a circle with Stand Against Stigma logo.
- ◆ People with severe mental illness are over 10 times more likely to be victims of violent crime than the general population. #StandAgainstStigma [attach the image "Myth vs Fact - Violence"]
Image Description: People with mental illness are 10 times more likely to be victims of violence.
- ◆ According to the National Institute of Mental Health, men are less likely to have received mental health treatment than women in the past year. Learn what men can do to overcome cultural stereotypes to better take care of their mental health at <https://www.nimh.nih.gov/health/topics/men-and-mental-health>
- ◆ Recovery from a mental health disorder or substance use problem is possible! #StandAgainstStigma [attach the image "Recovery is possible"]
Image Description: Motivational quote about recovery.
- Everyone feels stressed from time-to-time. But what is stress? How does it affect your health? And what can you do about it? For more information on stress and how to manage it, take a look at these quick resources!
[attach the images "What is Stress?", "Sources of Stress", "Coping Strategies for Stress", and Weekly Wellbeing Checkup"]
Image Description: Ways to reduce stress and how to address it image.
- Do you know the difference between everyday anxiety and an anxiety disorder? [attach the image "Which is it anxiety"]
Image Description: Image describing what the difference is between stress and anxiety.
- People with mental health problems are just as effective as other employees. #StandAgainstStigma [attach image "myth vs fact - employment"]
Image Description: People with mental health problems are just as productive as people without mental health problems image.



- Your child may be struggling with their mental health. Be on the lookout for change in mood, low interest in participating in fun activities, and pulling away from loved ones. Starting meditation or a new hobby that will support their mental health and wellbeing is a great first step for parents to get involved. If you are a parent and interested in learning how to identify signs in youth and young adults, please visit Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) on www.eventbrite.com and search for MHFA or call Customer Service at 517-346-8244 to view upcoming trainings.
- There are things that we can do to help cope with loneliness and stress. Here are some tips for staying mentally well during challenging times:

 1. Take care of your physical health: Eat nourishing foods and get your body moving with walks, yoga, or dancing!
 2. Connect with others: Find creative ways to connect (use video calling, play an online game, or send some old-fashioned snail mail).
 3. Relax: Find time to do things that are relaxing and feel good. Take a bubble bath, snuggle up with a pet, or start an art project or puzzle.
 4. Be kind to yourself: Give yourself a break. It's okay to be less productive while under high levels of stress-treat yourself with the same compassion and gentleness that you would a loved one.
 5. Ask for help: Mental health services are available, and there is no shame in reaching out for support.

[attach image Reminder: You Are Not Alone]
Image Description: You are not alone motivational image.
- Do you know how common mental health challenges are in children and teens? Find out more (and what you can do to help). (Source: www.NAMI.org) [attach the image "Children and Teen Mental Health Facts NAMI"]
Image Description: Facts regarding children and teen mental health.
- It's okay to ask for help. [Insert American Foundation for Suicide Prevention Graphic]
Image Description: Motivational image for seeking help image.
- Mental Health Check In! Remember that you owe it to yourself to take a break, take a deep breath, and remember to check in with yourself. [Insert Mental Health Check-In Graphic]
Image Description: A check list image for identifying mental health.
- When a young person is struggling, they may exhibit severe emotional pain, feel trapped, or feel hopeless about the future. Caring help to find hope is within reach, the #988Lifeline is available 24/7/365. No judgment. Just compassion and support. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org.
[Download and insert the 988 video [HERE](#)]



- Symptoms of mental illness can often appear similar to average teen development. Do you know the differences?
[attach the image "Average Teen or Warning Sign"]
Image Description: Average teen or warning signs image.
- Taking charge of your mental health can feel overwhelming at times, but it's an important part of staying healthy and well. Get practical tips and learn more about taking charge of your mental health from NAMI
[attach the image "Taking Charge of your Mental Health"]
Image Description: Productive ways to take charge of your mental health image.
- You can make a difference with #MentalHealthFirstAid! trainings are available now. For more information or to register for a class, go to www.eventbrite.com and search for MHFA or call 517-346-8244.
[attach the image "MHFA poster"]
Image Description: Mental Health First Aid Training flyer.
- Since Fall of 2016, when the trainings were first introduced, CIT has trained and certified over 425 officers in behavioral health crisis intervention.

The crisis intervention team (CIT) is an innovative police based first responder program of pre-arrest jail diversion for those in a mental illness crisis. They provide 40-hour trainings to first responders throughout the Tri-County area to become highly trained in mental health crisis de-escalation.

Community members may now call the police and request a CIT-certified officer, and the officer sent will be an expert on de-escalation and recovery resources.

To learn more about CIT, get connected by visiting their website at www.tricountycit.com or follow and Like the CIT Facebook Page @tricountycit

- * Know the signs of depression!
[attach the image "9 Signs of Depression"]
Image Description: 9 signs identifying depression.
- * The National Alliance of Mental Illness (NAMI) has a Greater Lansing Chapter that is Mid-Michigan's Voice on Mental Illness.

The @namilansing has information on weekly support groups, classes, and community presentations to address mental health and behavioral health.

Visit their website to learn more about Lansing's local NAMI chapter:
<https://www.namilansing.org/>

- * Seeking a new health care provider? Look no further than the Ingham Community Health Centers, your go-to for quality, affordable healthcare for all. Visit HD.Ingham.org/CHC for more information.

Ingham Community Health Centers' School-Based services provide Licensed Social Workers who offer screening and assessment for a variety of behavioral health issues facing adolescents today. Find participating school locations at HD.Ingham.org/CHC.

[attach an image "ICHC Child & Adolescent Health"]

Image Description: Image of an adolescent boy wearing a backpack, smiling at the camera.

- * Seeking a new health care provider? Look no further than the Ingham Community Health Centers, your go-to for quality, affordable healthcare for all. Visit HD.Ingham.org/CHC for more information.
- * The Ingham Community Health Centers offer behavioral health consultants who can help you manage aspects of your physical, emotional, and behavioral health. Contact any Ingham Community Health Centers location to schedule at your convenience.

[attach an image "ICHC Behavioral Health Services "]

Image Description: Image of a woman talking to a behavioral health consultant.



ATTACHMENTS

Coping Strategies for Stress

#ADDRESS STRESS

We all use unhelpful coping strategies sometimes, but by using any one of them we can learn how helpful coping strategies are and some self-care tips to help protect against stress.

TRY	AVOID
<p>Get moving! Physical and mental health are connected – so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.</p> <p>Setting aside time to have fun or indulge yourself – positive emotions can help build a buffer against stress.</p> <p>Learning a new skill – whether painting, playing guitar, or a new language.</p> <p>Sharing how you're feeling – it's OK to ask for help and support.</p> <p>Switching off from distractions – make time for yourself as a regular part of your routine. Schedule a reminder if you need to.</p>	<p>Overdoing it on sugar, caffeine or alcohol – they're quick fixes which can increase stress in the long term.</p> <p>Overworking and checking your emails out of hours – we all need time to unwind.</p> <p>Spending too much of your free time in front of a screen (phone included). Don't feel pressured to always be 'online' something.</p> <p>Chasing perfection – it can create unrealistic expectations. Accept that mistakes will happen.</p> <p>Botting up your feelings and assuming they will go away – this can make things worse in the long run.</p>

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MHFA Poster

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USA MENTAL HEALTH FIRST AID®

KNOW THE SIGNS • LEARN THE ACTIONS • BE A LIFELINE

YOU WILL LEARN... RECEIVING TRAINING

- Potential Warning Signs & Risk Factors
- Impact of Mental Health & Substance Use
- 5-Step Action Plan (ALGEE)
- Local Community Resources
- To find training dates and to register for our classes visit www.expertinfirstaid.com and search for "MHFA".
- The cost is \$15 for the one day course. Cost includes materials and certification.
- Continuing Education Units (CEUs) may be available.
- If you have questions please contact our Customer Service at 817-346-9244 or email customer@expertinfirstaid.com

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or experiencing severe depression, psychosis, or suicidal thoughts/behaviors.

SAVE LIVES & build stronger communities

American Foundation Mental Health Resource

It's Okay to Ask for Help

Mental Health Resources for Yourself and Your Friends

- National Suicide Prevention Lifeline**
1-800-273-TALK (2555)
Veterans: Press 1
- Crisis Text Line**
Text TALK to 74741 to text with a trained counselor for free
- The Trevor Project**
TrevorLifeline: 1-866-488-7386
TrevorText: Text TREVOR to 1-202-304-2200
TrevorChat: Via trevorproject.org
- RAINN**
National Sexual Assault Hotline
Lifeline: 1-800-656-4673
Chat: Via hotline.rainn.org
- TWLOHA**
Connect to mental health resources in your community
twloha.com/find-help
- National Eating Disorders Association**
Helpline: 1-800-931-2237
Chat: Via myeda.org
- Seize the Awkward**
seizetheawkward.org
@seizetheawkward
- My3 App**
Define your network and your plan to stay safe
my3app.org

afsp.org/resources

Sources of Stress

SOURCES OF STRESS #ADDRESS STRESS

<p>LIFE CHANGES Accidents or bereavement Divorce or relationship breakdown Health scares or physical illness Leaving home, marriage, or having children Anxiety or employment</p>	<p>EMOTIONAL Peer pressure Conflicting cultural values and beliefs High expressed emotion within the family home</p>	<p>ENVIRONMENTAL Poor housing or accommodation problems Social isolation Unemployment Adjusting to new environments such as a new residence or going on vacations Debts</p>	<p>PHYSICAL Life rights or lack of routine Poor diet binge drinking or drug use</p>	<p>WORK CHANGES Starting a new job Coping with an increased workload or a problem Poor relationships with colleagues or managers Redundancy, or the fear of it</p>
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Recognizing a mental health issue is the first step in getting the support needed to recover.

Which is it Anxiety

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WHICH IS IT?

Everyday Anxiety	Anxiety Disorder
Worry about paying bills, landing a job, a romantic breakup, or other important life events.	Constant and unsubstantiated worry that causes significant distress and interferes with daily life.
Embarrassment or self-consciousness in an uncomfortable or awkward social situation.	Avoiding social situations for fear of being judged, embarrassed, or humiliated.
A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event.	Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one.
Realistic fear of a dangerous object, place, or situation.	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger.
Anxiety, sadness, or difficulty sleeping immediately after a traumatic event.	Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before.

Reprinted anxiety vs. disorder information from Anxiety and Depression Association of America (ADAA) (2016)

Myth vs Fact - Employment

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MYTH vs **FACT**

MYTH: People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

FACT: People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

Yes, I can

What is Stress?

WHAT IS STRESS? #ADDRESS STRESS

Stress is the body's response when it senses danger. We all experience stress and need it to function.

But when stress interferes with our lives, it becomes a problem. Too much stress for too long, can make us ill.

If unaddressed, stress can cause mental health issues like depression or anxiety and harm our physical health.

Excessive workplace stress causes a staggering **120,000 deaths** and results in nearly **\$190 billion** in health care costs each year.

Myth vs Fact - Violence

Community MENTAL HEALTH CLINTON • EATON • INGHAM

MYTH vs **FACT**

MYTH: People with mental health problems are violent and unpredictable.

FACT: Most people with mental illness are not violent and only 3%-5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population.

STAND UP 2 STIGMA

Weekly Wellbeing Checkup

WEEKLY WELLBEING CHECK-UP #ADDRESS STRESS

Try using this list each week to check in with your mental health.

<p>Where's my mental health today?</p> <p>How do I feel today?</p> <p>Mentally?</p> <p>Physically?</p>	<p>Looking after my wellbeing</p> <p>Am I drinking enough water and eating a balanced diet?</p> <p>How do I sleep this week?</p> <p>Did I feel rested when I woke up?</p> <p>Is there anything I can improve?</p>	<p>How's my thinking today?</p> <p>How are my thoughts making me feel?</p> <p>Am I having unhelpful thoughts?</p>	<p>How am I coping?</p> <p>Am I using helpful coping strategies?</p> <p>Are they working?</p> <p>Should I consider trying new coping strategies?</p>
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Behavioral Health Screening Tool

Community MENTAL HEALTH CLINTON • EATON • INGHAM Together we can.

CURIOUS ABOUT YOUR MENTAL HEALTH & WELLBEING?

Click here for an anonymous online screening!

You Can Talk to Me

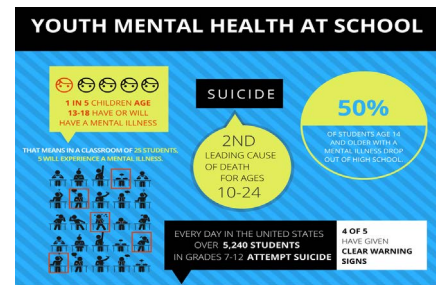
You can talk to me.

Community MENTAL HEALTH CLINTON • EATON • INGHAM Together we can.

Show Your Support



Mental Health at School



9 Signs of Depression

9 SIGNS
A PERSON MAY BE EXPERIENCING DEPRESSION

Symptoms of Depression

1. An unusually sad mood.
2. Loss of enjoyment and interest in activities that used to be enjoyable.
3. Lack of energy and tiredness.
4. Feeling worthless or feeling guilty though not at fault.
5. Thinking often about death or wishing to be dead.
6. Difficulty concentrating or making decisions.
7. Moving more slowly or sometimes becoming agitated and unable to settle.
8. Having sleeping difficulties or sometimes sleeping too much.
9. Noticeable changes in eating habits, sometimes resulting in weight gain or weight loss.

NOTE: A person who is clinically depressed would have at least one of the first two symptoms, nearly every day, for at least two weeks. The person might also experience one or more of symptoms 3-9.

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Recovery is Possible



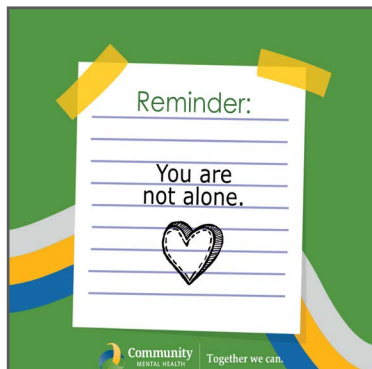
988 Facebook Post

Struggling with anxiety

THERE IS HOPE.
Text or Call 988
to connect with someone who cares.

988 SUICIDE & CRISIS LIFELINE #MentalHealthAwareness #988Lifeline 24/7

Reminder: You Are Not Alone



988 LinkedIn Post

Struggling with anxiety

THERE IS HOPE.
Text or Call 988
to connect with someone who cares.

988 SUICIDE & CRISIS LIFELINE #MentalHealthAwareness #988Lifeline 24/7

Average Teen or Warning Sign

AVERAGE TEEN OR WARNING SIGN?

Symptoms of mental illness can often appear similar to average teen development.

AVERAGE ADOLESCENCE	POTENTIAL WARNING SIGN
Withdrawing from family to spend more time with friends	Withdrawing from friends, family and social activity
Wanting more privacy	Becoming secretive. Seems to be hiding something
Moving from childhood likes to teen pursuits	Losing interest in favorite activities and not replacing with other pursuits

Learn how to help a young person who may need help. Get trained in Mental Health First Aid.
www.mentalhealthfirstaid.org

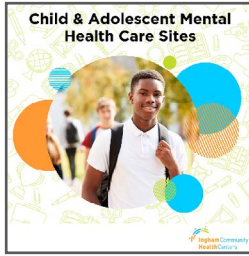
988 X Post

Struggling with anxiety

THERE IS HOPE.
Text or Call 988
to connect with someone who cares.

988 SUICIDE & CRISIS LIFELINE #MentalHealthAwareness #988Lifeline 24/7

ICHC Child & Adolescent Health Graphic



2. HEALTH & WELLNESS

POSTS

- * Check out this awesome map of parks and trails in the Capital Area, courtesy of the @CapitalAreaHealthAlliance! Visit their website at https://capitalareahealthalliance.org/healthy_living_resources.php to view the latest map of the Capital Area parks and trails.
- ✓ CMHA-CEI offers a variety of health and wellness resources! Learn more about how you can take control of your health by following the link here: <http://www.ceicmh.org/community-resources/wellness>
Insert Image: Hiking to Wellness
Image Description: Wellness Works. Get moving and release stress.
- Wellness Tip: Feeling stressed? Take a moment to be present. **[attach the image "Get off the Grid"]**
Image Description: Spend time doing something fun.
- Wellness Tip: Put the power of health apps to work for you! Download nutritional guides, recipe ideas, meditation apps, or apps that help you track your activity and exercise. [Link: www.prevention.com/health/sleep-energy/g24736063/best-health-apps/]
- ✓ CMHA-CEI has launched their NEW Recreational Resource Directory! Discover fun ways to get active this year by discovering local parks, trails, and more. Download and view the new publication by visiting <http://www.ceicmh.org/about-us/publications>
[Insert Recreational Resource Graphic by clicking HERE]
- * Setting boundaries is a great way to establish your own sense of joy within your daily life. Boundaries are the limits that we set for ourselves and with others. Boundaries can apply to our physical space, mental capacity, and our time. Boundaries helps us establish what feels safe or what feels uncomfortable to us. Learn how to successfully set your own boundaries to cultivate your own sense of joy.
Link: https://www.youtube.com/watch?v=vYboyJ2_w84
- How many Keys to Wellness can you work on? **[attach the image "Keys to Wellness"]** Image Description: Keys to wellness graphic.
- * The average person will encounter over 60,000 germs a day between coughs, sneezes, shared drinks, and high-fives. ICHD can help you combat those germs while keeping our community healthy. Take your shot to help protect yourself and others from diseases such as influenza and COVID-19. It's never too late; learn more today at www.YourShotToHelp.com
[attach an image "Your Shot to Protect Loved Ones "]
Image Description: Image of a man and teenage girl smiling with bandages in the shape of a heart.

- ☛ Have you been thinking about starting on a track to wellness? Start here! [\[attach the image "Start Somewhere"\]](#)
Image Description: 15 minutes of moderate exercise is a great start!
- ☛ Feeling stressed? Reduce your stress using these 5 tips! [\[attach the image "5 simple ways to reduce stress"\]](#)
Image Description: Get moving, step away, build healthy habits.
- ☛ Be kind to others, it benefits you both! [\[attach the image "Wellness Works - Smile"\]](#)
Image Description: Be kind to others graphic.
- ☛ Be mindful of your eating habits, are you eating because you are hungry or because you are stressed? [\[attach the image "Wellness Works - Stress Eating"\]](#)
Image Description: Eating more fiber and fruits and vegetables graphic.
- ☛ You should always aim for the stars, but setting smaller goals along the way will help you stay motivated! [\[attach the image "Wellness Works - Goals"\]](#)
Image Description: Endorphins are released during exercise that are feel good chemicals.
- * Looking for ways to educate your teen about their health? Encourage them to join CENTIVIZE, a new text-based resource promoting health and wellness to teens and young adults through the Ingham County Health Department. They can get involved by texting CENTIVIZE to 517-887-4315.
[\[attach an image "CENTIVIZE"\]](#)
Image Description: Image of a teenage girl wearing headphones and drinking coffee
- ☛ There just doesnt seem to be enough hours in the day to keep up with the demands of work, school, etc. The slightest change in routine can make a big difference in your overall mood, self-esteem, and mental health. Here are some practices that will help you reach your daily goals. [\[Insert Wellness Practices Graphic\]](#)
Image Description: Strategies listed to deal with stress and anxiety.
- ☛ Practicing different forms of mindfulness, such as Belly Breathing, can help calm and relax youth and young adults during times in stressful situations. Check out this catchy tune to learn about belly breathing - you might spot some familiar famous faces! [YouTube Link Here!](#)
- ☛ Embrace the "magic" of endorphins!
[\[attach the image "Wellness Works - endorphins"\]](#)
Image Description: Wellness Works with endorphins image.
- ☛ Don't sweat it! [\[attach the image "Don't Sweat the Small Stuff"\]](#)
Image Description: Phrase "Don't Sweat the Small Stuff" image.



- * Seeking information on housing, food, healthcare, or public benefits assistance? ICHD's Health & Resource Navigation team can help Ingham County residents find and enroll in the services they may be eligible for. Visit https://health.ingham.org/health/health_promotion_and_prevention/healthresourcenavigation.php or call 517-887-4306 for more information and assistance.

[attach an image "Health & Resource Navigation Services"]

Image Description: Image of a woman with a nurse and child high-fiving.



ATTACHMENTS

Get off the Grid



Don't Sweat the Small Stuff

DON'T SWEAT the small stuff

Try to remain calm. Ask yourself if it is really worth upsetting yourself over. This can help you lead a life with less stress.



Start Somewhere



Wellness Works - Stress Eating



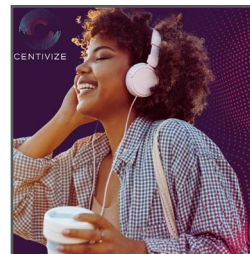
Rethink your Drink



Your Shot to Protect a Loved Ones Graphic



CENTIVISE Graphic



5 Simple Ways to Reduce Stress



Wellness Works - Goals



Wellness Practices



Keys to Wellness



Which Keys to Wellness are you working on? The CMHA-CEJ Culture of Health and Wellness Committee has identified the following keys to a healthy lifestyle.

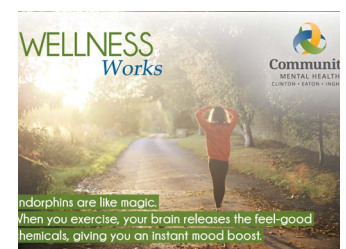
Healthy relationships	Healthy environment
Positive attitude & outlook	Life purpose and meaning
Healthy hobbies (me time)	Good nutrition
Self care	Regular exercise
Work/life balance	Sleep
Strong support system	Meditation
Good coping methods	Financial stability



Wellness Works - Smile

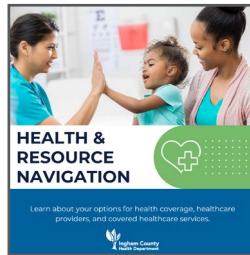


Wellness Works - Endorphins



ATTACHMENTS

[Health & Resource Navigation Services Graphic](#)



3. SELF EFFICACY/MOTIVATION

POSTS

- You can achieve your goals! [attach Motivational Quote #1]
Image Description: "It does not matter how slowly you go as long as you do not stop." Confucious
- Set yourself up for success! [attach Motivational Quote #2]
Image Description: "What you do today can improve all your tomorrows." by Ralph Marston
- You can do this! [attach Motivational Quote #3]
Image Description: "Perseverance is not a long race, it is many short races one after the other." by Walter Elliot
- Surround yourself with support! [attach Motivational Quote #4]
Image Description: "The key is to keep company only with people who uplift you, whose presence calls forth your best." by Epictetus
- Kindness breeds kindness. [attach Motivational Quote #5]
Image Description: "Be kind whenever possible. It is always possible." by Dalai Lama.
- You matter! [attach Motivational Quote #6]
Image Description: "Act as if what you do makes a difference. It does." by William James.
- Spread kindness! [attach Motivational Quote #7]
Image Description: "No act of kindness, no matter how small, is ever wasted." by Aesop.
- You are strong! [attach Motivational Quote #8]
Image Description: "With a new day comes new strengths and new thoughts." by Eleanor Roosevelt.
- Your accomplishments add up! [attach Motivational Quote #9]
Image Description: "Great things are done through a series of small things brought together." by Vincent Van Gogh.
- Don't give up on hope! [attach Motivational Quote #10]
Image Description: "Everything that is done in this world is done by hope." by Martin Luther King.
- Make your days count! [attach Motivational Quote #11]
Image Description: "Don't count the days. Make them count." by Muhammad Ali.



- Today is a new day! You can make your own future. [attach Motivational Quote #12]
Image Description: "The best way to predict your future is to create it."
by Abraham Lincoln



ATTACHMENTS

Motivational Quote #1



Motivational Quote #2



Motivational Quote #3



Motivational Quote #4



Motivational Quote #5



Motivational Quote #6



Motivational Quote #7



Motivational Quote #8



Motivational Quote #9



Motivational Quote #10



Motivational Quote #11



Motivational Quote #12



4. TRAUMA

POSTS

- ✓ Do you know what to do if someone is having a mental health emergency? If they are in the tri-county area, direct them to Crisis Services at Community Mental Health Authority of Clinton, Eaton, and Ingham Counties at 517-346-8460. Crisis Services is open 24/7. <http://ceicmh.org/services/cs>
- ✓ Community Mental Health Authority of Clinton, Eaton, and Ingham Counties has a broad continuum of youth intensive crisis stabilization services including a free 24/7 free standing crisis center for walk-in crisis services needs, mobile crisis teams, urgent care (crisis stabilization), urgent access to psychiatry, and crisis respite. Call 517-346-8008 to access these services. <http://ceicmh.org/services/cs>
- You can make a difference with #MentalHealthFirstAid ! For more information or to register for a class go to, www.eventbrite.com and search for MHFA or call 517-887-5232.
[attach the image "MHFA Poster"]
Image Description: Know the signs, learn the actions, and be a lifeline training poster for Mental Health First Aid Training.
- * This quiz is for anyone—teens, adults, elders—to assess and strengthen the resiliency building conditions in their lives. Use it for yourself or use it as a tool to help others you care about build their resiliency. <https://www.resiliency.com/free-articles-resources/the-resiliency-quiz/>
- * Are you concerned that you or someone else in your life is experiencing symptoms of post-traumatic stress disorder or another behavioral health problem? Take a brief, anonymous screening today: <https://screening.mentalhealthscreening.org/CEI>
[Insert: Behavioral Health Screening Tool Image]
Image Description: Behavioral Health Screening Button Image.



- Taking time to care for yourself is an important part of recovery from trauma. [attach the image "Self-Care and Resilience"]
 Image Description: Strategies for self-care & resilience and on how to practice physical self-care, social self-care, spiritual self-care, and emotional self-care.
- Life has been challenging for many of us in more ways than one. These tips may help you find ways to cope during times of stress.
 [attach the image "Coping with Stress"]
 Image Description: Image identifying ways to check in with yourself, take care of your physical health, prioritize rest and fun, and stay informed, but set boundaries.
- Know the Truth about ACEs. ACEs are Adverse Childhood Experiences. Based on the scoring of your ACEs can determine your risk for developing negative health outcomes.
 [Insert ACE's Graphic]
 Image Description: The truth about Adverse Childhood Experiences Image.
- Please read and share this informative resource for 10 tips on how to help someone experiencing trauma. Source www.mentalhealthfirstaid.org.
 [attach the image "10 Tips to Help Someone Experiencing Trauma"]
 Image Description: Image referencing ways to offer support to an individual after they have experienced something traumatic.
- Please read and share this important resource for identifying 10 signs someone is experiencing trauma. Source www.mentalhealthfirstaid.org
 [attach the image "10 Signs Someone is Experiencing Trauma"]
 Image Description: Image referencing signs that someone may be experiencing trauma. Signs are shock, anger, sadness, etc.

ATTACHMENTS

10 Tips to Help Someone Experiencing Trauma

10 TIPS TO HELP SOMEONE EXPERIENCING TRAUMA

A traumatic event is any incident experienced by the person that is perceived to be traumatic... Mass traumatic events include terrorist attacks, mass shootings and severe weather events." —MENTAL HEALTH FIRST AID

1. Learn about local resources in your community.
2. Ask how you can best help.
3. Talk with the person as an equal.
4. Offer support in whatever form seems right, including small things like a hug or having coffee together.
5. Know that behaviors like withdrawal, irritability and bad temper may be a response to trauma. Remain friendly.
6. Encourage the person to talk about their reactions if they feel ready and want to do so.
7. Don't interrupt to share your own feelings, experiences or opinions.
8. Don't trivialize the person's feelings or minimize his or her experience.
9. If the person wants help, offer your support and connect him or her with local resources and services.
10. If at any time the person becomes suicidal or begins abusing drugs or alcohol, seek professional help.

www.mentalhealthfirstaid.org

10 Signs Someone is Experiencing Trauma

10 SIGNS A PERSON MAY BE EXPERIENCING TRAUMA

"A traumatic event is any incident experienced by the person that is perceived to be traumatic... Mass traumatic events include terrorist attacks, mass shootings and severe weather events." —MENTAL HEALTH FIRST AID

1. Shock, denial or disbelief
2. Anger, irritability or mood swings
3. Sadness or hopelessness
4. Confusion or difficulty concentrating
5. Anxiety or fear
6. Withdrawal from others
7. Trouble sleeping or nightmares
8. Easily startled
9. Fatigue
10. Racing heart, aches and pains or muscle tension

www.mentalhealthfirstaid.org

ACES Graphic

THE TRUTH ABOUT ACES

WHAT ARE THEY?

ACES are **ADVERSE CHILDHOOD EXPERIENCES**

The three types of ACEs include:

- ABUSE: Neglect, Physical, Sexual, Emotional
- NEGLECT: Physical, Emotional
- HOUSEHOLD DISRUPTION: Divorce, Substance Abuse, Mental Illness, Incarceration, Death of a Family Member

HOW PREVALENT ARE ACES?

The ACE study revealed the following estimates:

- ABUSE: 21.0% (Physical), 10.4% (Sexual), 10.1% (Emotional)
- NEGLECT: 10.1% (Physical), 10.1% (Emotional)
- HOUSEHOLD DISRUPTION: 19.1% (Divorce), 10.1% (Substance Abuse), 10.1% (Mental Illness), 10.1% (Incarceration), 10.1% (Death of a Family Member)

WHAT IMPACT DO ACES HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes:

- 0 ACEs: 1x risk
- 1 ACE: 1.4x risk
- 2 ACEs: 2.1x risk
- 3 ACEs: 2.9x risk
- 4+ ACEs: 3.9x risk

www.vulnerablepopulations.org

Self-Care & Resilience

STRATEGIES FOR Self-Care & RESILIENCE

Resilience has been defined by the American Psychological Association as: "The human ability to adapt in the face of tragedy, trauma, adversity, hardship, and ongoing significant life stressors."

Just as the human body is often ingenious in the way it can mend itself, so too the mind can be incredibly resilient. We just have to help it along.

BUILDING & ENGAGING RESILIENCE

Below are some tips for taking care of yourself and engaging your resilience. Please feel free to use those ideas that you find most useful and continue to engage your own coping strategies.

Physical self-care

- Get enough sleep
- Get regular physical activity
- Eat regular, well-balanced meals
- Reduce alcohol and caffeine consumption
- Release tension in healthy ways
- Take deep breaths
- Balance work, play, and rest
- Limit or eliminate exposure to media

Spiritual self-care

- Use religious/spiritual resources and communities
- Read inspirational works
- Pray
- Practice gratitude
- Meditate
- Connect with nature
- Find creative ways to express yourself (i.e. drawing, painting, writing, etc.)

Social self-care

- Be aware of withdrawal and isolation
- Get nurturance/care from loved ones
- Use friends and family and community for support
- See how work can offer support
- Seek out others for social activities
- Recognize humor as a useful respite
- Make an effort to have fun

Emotional self-care

- Know your vulnerabilities
- Get help early on if you are feeling overwhelmed
- Use relaxation skills that work best for you
- Listen to music that soothes
- Engage socially to avoid feeling isolated
- Set limits, if necessary, when others are too demanding of your time or energy (Give yourself time to heal and renew.)
- Re-establish a routine, if possible.

MHFA Poster

Community MENTAL HEALTH CLINTON • EATON • INGHAM Together we can.

USA MENTAL HEALTH FIRST AID®

KNOW THE SIGNS • LEARN THE ACTIONS • BE A LIFELINE

YOU WILL LEARN...

- Potential Warning Signs & Risk Factors
- Impact of Mental Health & Substance Use
- 5-Step Action Plan (ALGEE)
- Local Community Resources

RECEIVING TRAINING

- To find training dates and to register for our classes visit: www.ceicmh.org and search for "MHFA".
- The cost is \$15 for the one day course. Cost includes materials and certification.
- Continuing Education Units (CEU's) may be available.
- If you have questions please contact our Customer Service at 517-346-8244 or email inventions@ceicmh.org

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or experiencing severe depression, psychosis, or suicidal thoughts/behaviors.

SAVE LIVES & build stronger communities

Coping with Stress

COPING WITH STRESS during a disease outbreak

Check in with yourself

Monitor yourself for signs of stress including: trouble sleeping or eating, increased fear or worrying, irritability, and crying.

Accept when you are feeling stressed and take extra care of yourself when those feelings arise.

Take care of your physical health

Stick to healthy, well-balanced meals. This is a great time to try a new recipe! Cook up on canned and frozen fruits and vegetables.

Go outside, just make sure to give others a foot of space.

Try an exercise video! Many are available online for free.

Prioritize rest and fun

Relaxing or doing yoga can help you feel calm.

Select yourself-watch movies, play a board game, learn a new skill like knitting or baking, or catch up on some reading.

Connect with friends and family virtually with a virtual dinner party or a movie night over speaker phone!

Stay informed, but set boundaries

It's okay to tell others you need a break from discussing the outbreak.

Ensure that your information is current and credible from locals like local health departments and the CDC.

Avoid constantly watching the news and limit your time on social media each day to give yourself a mental break.

Community MENTAL HEALTH CLINTON • EATON • INGHAM Together we can.

COVID-19 Support Line

Need to talk? We can listen.

- In need of someone to talk to?
- Struggling with feelings of isolation or loneliness?
- First responder, essential employee, or medical professional struggling with burnout, anxiety, or depression?
- Sick or caring for a sick person and dealing with fear, stress, or depression?

COVID-19 SUPPORT (517) 237-7100

MONDAY- FRIDAY 8:30AM-4:30PM

COVID-19 Support Line is available to anyone in Clinton, Eaton, or Ingham Counties. You do not need to be using COVID-19 services or have a mental health diagnosis of any kind. This line should not be used for crisis calls or medical emergencies. The COVID-19 Support Line is not meant to take the place of emergency counseling or to treat or diagnose any physical or mental health condition. If the mental health professional determines that the issue is more severe than the COVID-19 Support Line can manage, they will refer to appropriate resources.

Community MENTAL HEALTH CLINTON • EATON • INGHAM Together we can.

Behavioral Health Screening Tool

Community MENTAL HEALTH CLINTON • EATON • INGHAM Together we can.

CURIOUS ABOUT YOUR MENTAL HEALTH & WELLBEING?

Click here for an anonymous online screening!

5. SUICIDE PREVENTION

POSTS

- ✓ Do you know where to go in a mental health emergency? Community Mental Health Authority of Clinton, Eaton, and Ingham Counties' Crisis Services is open 24/7 and can be reached at 517-346-8460.
- ✓ Do you know where to go when a young person experiences a mental health crisis? Community Mental Health Authority of Clinton, Eaton, and Ingham Counties has a broad continuum of youth intensive crisis stabilization services including a free 24/7 free standing crisis center for walk-in crisis services needs, mobile crisis teams, urgent care (crisis stabilization), urgent access to psychiatry, and crisis respite. Call 517-346-8008 to access these services.
- You can make a difference with #MentalHealthFirstAid! For more information or to register for a class, go to www.eventbrite.com and search for MHFA or call Customer Service at 517-346-8244.
[attach the image "MHFA Poster"]
Image Description: Know the signs, learn the actions, and be a lifeline poster for Mental Health First Aid Training.
- Want to help prevent suicide in your community? Get trained in QPR! QPR is a one-hour training that teaches participants to recognize the signs of suicide and the steps to getting a person to help. For more information on this training contact the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties Prevention Specialist prevention@ceicmh.org or call Customer Service at 517-346-8244.
[attach the image "QPR Poster"]
Image Description: Question, Persuade, and Refer is an emergency mental health intervention training.
- * "Effective prevention starts with YOU." Find out more by visiting the Suicide Prevention Resource Center! <https://www.sprc.org/>
- * #BeThe1To Ask
The National Suicide Prevention Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress.
[attach the image "BeThe1To Ask"]
Image Description: Image for the Be The 1 To Ask campaign.
- * You aren't alone - support is out there. Text HELLO to 741741 to reach a trained Crisis Counselor. crisistextline.org
[attach any of the "CTL Ad" images]
Image Description: Image of two cartoon characters texting the 741741 to each other.



- ✧ Please share these national suicide prevention resources for members of the LGBTQ+ community from American Foundation for Suicide Prevention!
[attach the image "AFSP LGBTQ suicide prevention"]
Image Description: Contact resources for LGBTQ Suicide prevention.
- ✧ Call. Text. Chat. The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ+) young people under 25. www.thetrevorproject.org/get-help-now/
- ✧ Call. Text. Chat. The Veterans Crisis Line connects veterans with caring, qualified responders with the Department of Veteran Affairs. Many of them are Veterans themselves. Seeking support for mental health is a sign of strength and courage. Contact someone today. www.veteranscrisisline.net
- Do you know the warning signs and risk factors of suicide? Find out more today. <https://afsp.org/risk-factors-protective-factors-and-warning-signs/>
- Learn more at the American Foundation for Suicide Prevention website www.afsp.org #SuicidePrevention
[attach the image "Michigan Suicide Facts 2018"]
Image Description: Suicide is the 10th leading cause of death in Michigan graphic.
- "We can all prevent suicide." Read stories of hope and help: #SuicidePrevention <http://suicidepreventionlifeline.org/stories/>
- There are Suicide Prevention Resources for Military and Veterans available that can assist anyone in need. If you are a veteran and are struggling with behavioral health, please contact CMHA-CEI Veterans Navigation Team by calling our Access Center at 517-346-8313. [Insert Veteran and Military Suicide Resource Graphic]
- Did you know that by acknowledging a change in someone's attitude, mood, or habits is a chance to speak with someone directly about your concerns? If you or a loved one is experiencing behavioral health changes, have them take the behavioral health screening tool here: <https://screening.mentalhealthscreening.org/cei.>
- Suicide is the second leading cause of death for young people between 10 to 24. Sometimes your struggle can be underestimated because of your age. But we hear you, and help is available! Learn more by checking out the Suicide Prevention Lifeline's tips for young people and those who love them.
<https://988lifeline.org/help-yourself/youth/>



- * We need your help! The Michigan Association for Suicide Prevention (MASP) is looking for donations, so they can continue preventing suicide throughout Michigan. Your gift helps them provide support to those who need it along with their families. Go to their website <https://www.mymasp.org> and donate today.
- * While texting, group chats, and DMs can be common forms of keeping in touch with friends and loved ones, they can cloud any evidence of concerning body language or tone you would typically see hanging out in person. So how do you know if something is off? Learn the signs on @AFSPMichiganChapter [Seize the Awkward website!](#)
- * Please share these national suicide prevention resources for military and veterans from American Foundation for Suicide Prevention!
[attach the image "AFSP veterans suicide prevention"]
Image Description: Resources listing Suicide Prevention Resources for Military and Veterans. Military and Veterans Crisis Line is 1-800-273-8255, Press 1 or text 838255, 24/7.
- * Suicide prevention hotlines save lives. Be prepared for an emergency-save one or more in your phone contacts today.
[attach image "National Suicide Prevention Hotlines"]
Image Description: Flyer identifying suicide prevention hotlines. The National Suicide Prevention Lifeline is 1-800-273-8255, the Crisis Text Line is text Hello to 741-741, the Trans Lifeline is 877-565-8860, and the Trevor Lifeline is 1-866-488-7386.
- * There are many signs that someone may be struggling, including changes in behavior, sleeping too much or too little, increased drug or alcohol use, behaving recklessly, and more. Know the signs. Be a lifeline. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org. #988Lifeline
[Download and insert eh 988 video [HERE](#)]
- * When a young person is struggling, they may exhibit severe emotional pain, feel trapped, or feel hopeless about the future. Caring help to find hope is within reach, the #988Lifeline is available 24/7/365. No judgment. Just compassion and support. If you or someone you know needs support now, call or text 988 or chat [988lifeline.org](#).
[Download and insert the 988 video [HERE](#)]
- * Today, the community can text, call, and chat with the Suicide Prevention Lifeline by dialing either 988 or 1-800-273-8255. To view more frequently asked questions about the new 988 line, please visit here: <https://www.samhsa.gov/find-help/988/faqs>



6. SUBSTANCE USE DISORDERS

POSTS

- ✓ Recovery Coaches are here to help. Contact a Recovery Coach today for assistance in Substance Use Recovery.
[attach the image "Recovery Coach Cards"]
Image Description: Contact a recovery coach at CMHA-CEI by calling 517-887-5316 image.
- ✓ Community Mental Health Authority of Clinton, Eaton, and Ingham Counties provides services for people experiencing a substance use problem that will require withdrawal management. Contact the Recovery Center today at 517-267-7623 for more information. Walk-ins are available 24/7 at 812 E. Jolly Rd. Lansing, MI.
[attach the image "The Recovery Center"]
Image Description: Image of the Recovery Center and ways to contact.
- ✓ Need help with a Substance Use Disorder? Call Community Mental Health Authority of Clinton, Eaton, and Ingham Counties to start accessing services and resources at 517-346-8318. <http://ceicmh.org/services/itrs>
- You can make a difference with #MentalHealthFirstAid for more information or to register for a class, go to www.eventbrite.com and search for MHFA or call 517-887-5232.
[attach the image "MHFA Poster"]
Image Description: Know the signs, learn the actions, and be a lifeline poster for Mental Health First Aid Training.
- * Unsure if your substance use is something to be concerned about? Take a quick screening here to help you to determine where you are at and how to seek help. <https://screening.hfihub.com/CEI>
- * The Capital Area Take Back Meds program is available for safe disposal of your unwanted drugs. <https://www.dea.gov/takebackday>
- * Resource for teens! My Life, My Quit is the free and confidential way to quit smoking or vaping. Text "Start My Quit" to 36072 or visit www.mylifemyquit.org to talk with a Coach. It's YOUR LIFE and they're there to help you live it YOUR WAY.
[attach the image "My Life My Quit"]
Image Description: Image of teens laughing for My Life. My Quit.
- Is your drinking pattern risky? Find out. <https://www.rethinkingdrinking.niaaa.nih.gov/>



- "Whether you know it or not, people look up to you." #BeARoleModel #StayTrueToYou <https://youtu.be/zmdRdcGP4b8?si=V-VrdqRzy2eIHQVc>
- Safe storage of opioid medications is a great way to prevent opioid misuse. [attach the image "Safe Storage Flyer"]
Image Description: Identifying ways for safe storage for perscribed opioids.
- Turning down drugs – especially if you're at a party or hanging out with friends – can be a little awkward and uncomfortable even for the most confident people. You know that you really don't want to do drugs. But just saying "NO" to your buddies can be difficult. Struggling with what you can say? Here are eight honest and anxiety-free ways to say "no" and still keep your cool: Link: <https://www.justthinktwice.gov/article/just-say>
- Need resources and advice on how to quit vape and tobacco use? Quitting cold turkey may not be the answer, but the CDC can help you create a plan for a sustainable nicotine free life. Visit the CDC 1-800-QUIT website here: https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm?s_cid=OSH_misc_M298
- Quitting tobacco is a process. Whether you are thinking about quitting, are not yet ready to quit, or have already quit, Michigan Tobacco QuitLine can help you with each step of the way.
[attach the image "Michigan Quitline"]
Image Description: Blue and white image of the QUIT line and it's contact information.
- ✓ Substance use impacts our mental health. The reasons we use substances and/or the effects that substances have on our brain chemistry, influences our overall behavioral health and how we live and function in our daily lives. If you are interested in learning what the different levels of care may look like, you'll see that seeking help for addiction is not as scary as it seems. Taking the first step is the hardest part. Integrated Treatment and Recovery Services (ITRS) is here to help. Give the CMHA-CEI Access Center a call at 517-346-8318.
[attach the images: ITRS Graphics]
- Ingham County Health Department offers free Narcan training & kits, including virtual/online training and bulk Narcan kit delivery. To schedule group and/or individual training and request kits, contact Tammy Maidlow-Bresnahan at 517-887-4315 / tmaidlow@ingham.org / learn more at https://health.ingham.org/health/health_promotion_and_prevention/naloxone.php
[attach an image "Narcan Training"]
Image Description: Image of a narcan kit displayed.



- * Naloxone, commonly known as Narcan, is an emergency rescue medication that can be easily administered in the event of an opioid overdose. Find a location where Naloxone is available to the public for free using the Ingham County Health Department's map: https://health.ingham.org/health/health_promotion_and_prevention/naloxone.php.

[attach an image "Carry Narcan"]

Image Description: Image of a Narcan kit displayed.

- * Gradual, positive change is possible. Harm reduction provides tools for safer substance use for when a person is not yet able to go into recovery. Get access to free, anonymous resources. More at <http://InghamHarmReduction.org/support>.

[attach an image "Harm Reduction-Safety Not Judgment"]

Image Description: Text about Harm Reduction.

- ✓ Everyone's sobriety journey is different. Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) and their Integrated Treatment & Recovery Services Department (ITRS) are dedicated to being a friendly face when an individual is ready to take that first step towards recovery.

Learn more about ITRS by watching the video below: YouTube Video Link: <https://www.youtube.com/watch?v=mrl2FZM0Et4>

Upload the video in the post, which will automatically play the video in your news feed. Download [Here](#)



ATTACHMENTS

The Recovery Center

THE RECOVERY CENTER

Providing services for people experiencing a substance use problem that require withdrawal management.

We Can Help.

TOLL FREE
(844) 872-3869

LOCAL
(517) 267-7623

Walk-ins available 24/7
812 E. Jolly Rd. | Lansing, MI



Substance Abuse Services
COMMUNITY MENTAL HEALTH AUTHORITY

Michigan Quitline

**You can Quit!
We can help!**



1-800-QUIT-NOW
1-800-784-8669
www.michigan.gov/tobacco

Funded by the Michigan Department of Health & Human Services

Free!

Michigan TOBACCO QuitLine

MHFA Poster

KNOW THE SIGNS • LEARN THE ACTIONS • BE A LIFELINE

YOU WILL LEARN...


- Potential Warning Signs & Risk Factors
- Impact of Mental Health & Substance Use
- 5-Step Action Plan (ALGEE)
- Local Community Resources

RECEIVING TRAINING

- To find training dates and to register for our classes visit: www.dhs.state.mi.us and search for "MHFA".
- The cost is \$15 for the one day course. Cost includes materials and certification.
- Continuing Education Units (CEUs) may be available.
- If you have questions please contact our Customer Service at 517-346-8244 or email prevention@ceicmh.org

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or experiencing severe depression, psychosis, or suicidal thoughts/behaviors.

SAVE LIVES & build stronger communities



Recovery Coach (Tabel Tent Cards JPEG and PDF)

RECOVERY IS POSSIBLE



Community MENTAL HEALTH
CLINTON • EATON • INGHAM
Together we can.

WE CAN RECOVER



My Life, My Quit

MY LIFE MY QUIT



Free, confidential help to quit vaping and other tobacco for youth under 18

Text or Call 855.891.9989
mylifemyquit.com

Safe Storage Flyer

SAFE STORAGE OF Prescription Opioids



The Problem



In 2015, more than **1.1 million** Americans missed prescription opioids.



115 Americans die everyday from an opioid overdose.

Safe Storage Can Help Prevent Misuse

Safe storage is an important part of reducing misuse of prescription opioids because opioid misuse can start in the home:



40.5% of those who missed prescription pain relievers in 2015 obtained it from a friend or relative for free.

What You Can Do

 Store all opioids in their original prescription information, directions for use, and expiration date.

 Be sure to keep these medications out of reach of young children. For more information on safe medicine storage visit www.aspdanet.org.

 Keep all opioids in a locked cabinet or toolbox away from family members and house guests.

 Be sure to monitor the medicine you take and how much you have left so you will know if there is any missing medicine.

 If you wear a fentanyl patch, consider covering it with adhesive film to make sure it doesn't fall off and regularly check to make sure it is still in place.

 For help with opioid misuse contact Opioid CEC Central Access 517-346-8318.

Naloxone social post Image

Save a life — **GET NARCAN TRAINED!**



Ingham County Health Department offers **FREE** Narcan training and kits, including:

 Virtual/Online training

 Bulk kit delivery

To request a **FREE** training and information on **FREE** Narcan

 Call Tammy Madlow-Bresnahan (517) 330-5514

 Or Email: tmadlow@ingham.org

Learn more at <http://2019ait.com/inghamNarcan>

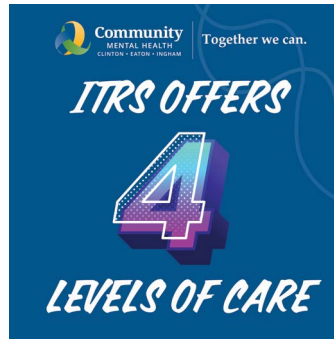



ATTACHMENTS

Carry Narcan Image



ITRS Grouped Graphics: Click on each graphic to download



Harm Reduction Safety Not Judgement Graphic



7. ANTI-STIGMA

POSTS

- ✓ Join the movement! Hundreds have already joined the #StandAgainstStigma movement and now you can too! [\[attach the image "Stand Against Stigma Flyer"\]](#)
Image Description: Flyer describing the mission, who can join the movement, and how you can join the movement.
- ✓ Join the movement! Hundreds have already joined the #StandAgainstStigma movement and now you can too! www.ceicmh.org/stand-against-stigma
- ✱ #StandAgainstStigma by improving your mental health literacy with Mental Health First Aid! For more information or to register for a class, go to www.eventbrite.com and search for MHFA or call 517-887-5232. [\[attach the image "MHFA Poster"\]](#)
Image Description: Know the signs, learn the actions, and be a lifeline poster for Mental Health First Aid Training.
- It's time to start talking about mental illness. #StandAgainstStigma <https://makeitok.org/>
- Download the Know Bullying App today! <https://www.samhsa.gov/> [\[attach the image "SAMHSA - KnowBullying"\]](#)
Image Description: Talk with your child about bullying flyer. White flyer with an image of a mom and child holding hands.
- Do you know how common mental illnesses are? #StandAgainstStigma [\[attach the image "MakeitOk Graphic"\]](#)
Image Description: Infographic explaining how common having a mental health illness is.

COVER PHOTO

- See the images "StandAgainstStigma - 1, 2, & 3" in attachments and use one of them as a cover photo for your Facebook page!
- Image 1 Image Description: Group of teens and their shoes in a circle.
- Image 2 Image Description: Young mom holding hands with a young girl.
- Image 3 Image Description: Young man smiling at camera on a busy street corner.



ATTACHMENTS

StandAgainstStigma - 1



StandAgainstStigma - 2



StandAgainstStigma - 3



MHFA Poster

KNOW THE SIGNS • LEARN THE ACTIONS • BE A LIFELINE

YOU WILL LEARN...

- Potential Warning Signs & Risk Factors
- Impact of Mental Health & Substance Use
- 5-Step Action Plan (ALGEE)
- Local Community Resources

RECEIVING TRAINING

- To find training dates and to register for our classes visit www.eventbrite.com and search for "MHFA".
- The cost is \$15 for the one day course. Cost includes materials and certification.
- Continuing Education Units (CEU's) may be available.
- If you have questions please contact our Customer Service at 517-346-6244 or email ceicmhsa@ceicmh.org

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or experiencing severe depression, psychosis, or suicidal thoughts/behaviors.

SAVE LIVES & build stronger communities

MakeItOk Graphic

Mental Illnesses.
1 in 4 will have some kind of mental illness in their lifetime.

- Just how common is 1 in 4? Just common as their cell phones.
- 1 in 4 More common than grey cars.
- 1 in 6 60 Million Americans are affected each year.
- 1 in 7 More common than people with tattoos.
- 1 in 10 More common than left-handed people.

THIS IS STIGMA.

How can we fix it? Talking. The more we talk about mental illness, the more we understand it and the more we can help. It's how we'll make it ok.

MakeItOK.org

SAMHSA - KnowBullying

KnowBullying SAMHSA

TALK WITH YOUR CHILD

Conversation Starters Share

Encourage your kids to tell you if they, or someone they know, is being cyberbullied. Explain that you will not take away computers or cell phones if they confide in you.

My Kids
Learn About Bullying
Get Help Now

Stand Against Stigma Flyer

MISSION
It is the mission of the Stand Against Stigma movement to reduce stigmatizing language, thoughts, and behaviors by promoting empathy, hope, inclusion, and acceptance of behavioral health issues throughout the community.

WHO CAN JOIN THE MOVEMENT?
The Stand Against Stigma movement is open to all who are interested in supporting our mission. This movement is for health and human services agencies, professionals, educators, parents, churches, friends, family, those who live with behavioral health disorders, and anyone else who passionately pursues stigma reduction efforts surrounding behavioral health.

HOW CAN YOU JOIN THE MOVEMENT?
You can join the movement by:

- Connecting to our resources on our website: www.ceicmh.org/stand-against-stigma
- Sharing our posts on social media: www.facebook.com/ceicmh
- Wearing our merchandise and brandfishing the Stand Against Stigma logo everywhere you go! shop.ceicmh.org/stand-against-stigma

WHEN DOES THE MOVEMENT END?
The Stand Against Stigma movement is an ongoing movement towards acceptance, respect, positivity, and inclusion. It will not end, only adjust to the ever changing climate of behavioral health within our communities.

www.ceicmh.org/stand-against-stigma | [facebook.com/ceicmh](https://www.facebook.com/ceicmh) | www.ceicmh.org/stand-against-stigma

AWARENESS DAYS/WEEKS/MONTHS

AWARENESS MONTHS

March

National Nutrition Month

April

Autism Awareness Month

May

Mental Health Month

June

Post Traumatic Stress Disorder Awareness Month

July

BIPOC (Black, Indigenous, and People of Color) Mental Health Month

September

National Recovery Month

October

National Depression & Mental Health Screening Month

Health Literacy Month

National Bullying Prevention Month

December

National Stress-Free Family Holidays Month

AWARENESS WEEKS

March 11-17, 2024

Brain Awareness Week

May 5-11, 2024

Children's Mental Health
Awareness Week

May 12-18, 2024

National Prevention Week

September 8-14, 2024

National Suicide Prevention Week

October 6-12, 2024

Mental Illness Awareness Week

October 13-19, 2024

International OCD Awareness Week

AWARENESS DAYS

April 2, 2024

Autism Awareness Day

May 9, 2024

Children's Mental Health Awareness Day

June 27, 2024

National Post Traumatic Stress
Disorder Awareness Day

September 10, 2024

World Suicide Prevention Day

October 7, 2024

National Depression Screening Day

October 10, 2024

World Mental Health Day

December 3, 2024

International Day of Persons
with Disabilities



SOURCES

1 *Mental illness and victimization information from U.S. Department of Health & Human Services* <https://www.mentalhealth.gov/>

2 *Address Your Stress information from Mental Health First Aid England* <https://mh-faengland.org/>

3 *Everyday anxiety vs anxiety disorder information from Anxiety and Depression Association of America* <https://adaa.org/>

4 *Mental health and employment information from U.S. Department of Health & Human Services* <https://www.mentalhealth.gov/>

5 *Endorphins information from Harvard Health Publishing* <https://www.health.harvard.edu/>

6 *Stress and resilience building information from Federal Occupational Health* <https://foh.psc.gov/>

7 *Coping with stress during a disease outbreak information from the Substance Abuse and Mental Health Services Administration* <https://www.samhsa.gov/>

