

THE
i'MPOSSIBLE
PROJECT



**ANNUAL BONINE SUICIDE
PREVENTION CONFERENCE**

**HOW STORYTELLING IS SUICIDE
PREVENTION 2.0**

WHAT IS MENTAL HEALTH

A Person's Psychological and
Emotional Wellbeing

MENTAL HEALTH...

And mental *illness* are not the same

We ALL have mental health



*My mental illnesses *can* affect my mental health, but they don't always.*

“I SEE YOU”

- A huge gift to anyone going through a hard time or multiple major changes

“I SEE YOU”

- Validates their experience
- Shows you're an ally and a friend
- Helps to feel connected, seen, heard
- Can be a barrier to suicide ideation and attempts

“I SEE YOU”

VALIDATING STATEMENTS

- I can see how you'd feel that way
- I feel the same/similar
- How frustrating
- That must be difficult
- I am here for you
- What do you need?



INVALIDATING STATEMENTS

- You should feel lucky
- Don't be such a wimp
- I wouldn't have handled it that way
- You're being too sensitive
- What's the big deal?
- You seem fine



“I SEE YOU”

Could take this a step further

Come from a strengths-based place

- Planting a seed (not forcing the issue)
- Helping provide perspective

Coping Skills are a Combo
of Different Tools That Help
You Manage the Things
Life Throws Your Way

HEALTHY COPING SKILLS

- ▶ Different for Everyone
- ▶ No "One-Size-Fits-All"
- ▶ Open Source (Can be Modified, Changed at Any Time)
- ▶ Takes Some Time and Energy to Develop

HEALTHY COPING SKILLS (CATEGORIES)

- ▶ Healthy Support System
- ▶ Healthy Distractions
- ▶ Relaxation or self-care
- ▶ Service based activities
- ▶ Energetic activities or exercise
- ▶ Things you consume (food, medicine, other substances)

Suicide is Preventable
and You, and I, and All of
Us Can Get Help and Be
Helpers

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- ▶ Storytelling and lived experience is suicide prevention
 - ▶ Storytelling normalizes the conversation in the home, workplace, place of worship, campus
 - ▶ Storytelling generates more (positive/healthy) dialogue

WHY STORYTELLING WORKS

- ▶ We relate stories to our own experiences
- ▶ Neurons fire as if you were doing the actual action being talked about
- ▶ A part of the brain, insula, helps us relate

TALKING ABOUT HELP LEADS TO GETTING HELP

- ▶ Use stories to leverage action from the listener (crisis and non-crisis responses)

WARNING SIGNS OF SUICIDE



SIGNS OF SOMEONE THINKING OF SUICIDE

- ▶ Withdrawing from friends, family, and society
- ▶ Feeling hopeless, seeing no reason for living
- ▶ Feeling rage, uncontrolled anger, or seeking revenge
- ▶ Threatening to hurt or kill oneself or talking about it
- ▶ Looking for ways to kill oneself by seeking access to firearms, available pills, or other means

SIGNS OF SOMEONE THINKING OF SUICIDE

- ▶ Talking or writing about death, dying, or suicide when actions are out of the ordinary
- ▶ Acting reckless or engaging in risky activities
- ▶ Giving away prized possessions
- ▶ Increasing alcohol or drug use

SIGNS OF SOMEONE THINKING OF SUICIDE

- ▶ Feeling trapped—like there's no way out
- ▶ Feeling anxious, agitated, unable to sleep or sleeping all the time
- ▶ Experiencing dramatic mood changes

HOW TO HELP SOMEONE IN CRISIS

Base of Any Help Should be **LISTENING**

- ▶ Clues to Keep Them Grounded
- ▶ No Judgement
- ▶ Empathy
- ▶ Explicit That Their Life is Important to You
- ▶ No Lethal Means
- ▶ Assist/Refer to Professional Help

RESOURCES

- ▶ EIU Counseling Clinic: 217-581-3413 | M-F 8am-430pm (closed 12-1pm) | Human Services Bldg. 1st Floor | After hours 866-567-2400 | <https://www.eiu.edu/counsctr/>
- ▶ National Suicide Prevention Hotline: 988 (veterans press 1)
- ▶ Crisis Text Line: Text "GO" to 741741
- ▶ Veteran Crisis Text Line: 838255 (same as 988 + 1)
- ▶ The Trevor Project (LGBTQ National): 866-488-7386
- ▶ Talkspace: [talkspace.com](https://www.talkspace.com) (Teletherapy)

RESOURCES

- ▶ National Domestic Violence Hotline: 800-799-7233
- ▶ National Sexual Assault Hotline: 800-656-4673
- ▶ The Steve Fund: www.stevefund.org - "focused on supporting the mental health and emotional well-being of young people of color"
- ▶ Therapy for Black Girls: <https://therapyforblackgirls.com>
- ▶ Fireflies Unite: www.firefliesunite.com "sharing the stories of people of color who live and THRIVE with mental health conditions"

RESOURCES

- ▶ Instagram (Me) - @joshrivedal
- ▶ Instagram – @inclusivetherapists (THERAPY THAT CELEBRATES YOU - Directory for all: identities, abilities & bodies.)
- ▶ Instagram - @sistaafya (low-cost community mental wellness services centering black women in Chicago since 2017.)
- ▶ Instagram - @blackmentalwellness
- ▶ Black Mental Health Alliance - <https://blackmentalhealth.com>

RESOURCES

- ▶ Latinx - www.mhanational.org/issues/latinxhispanic-communities-and-mental-health (various physical and mental health resources in Spanish, bottom of page)
- ▶ Latinx Therapy - www.latinxtherapy.com | Mission to destigmatize mental health in the Latinx community. Also a bilingual podcast and national directory to find Latinx Therapists (98% of their directory are Spanish speakers)
- ▶ Therapy for Latinx - <https://www.therapyforlatinx.com>
- ▶ Rest for Resistance - www.restforresistance.com | Strives to uplift marginalized communities, those who rarely get access to adequate health care or social support. This includes Black, Indigenous, Latinx, Pacific Islander, Asian, Middle Eastern, and multiracial persons.

RESOURCES

- ▶ Asian-American/Pacific Islander Communities and Mental Health - www.mhanational.org/issues/asian-americanpacific-islander-communities-and-mental-health
- ▶ Cultural Competence and Asian-American/Pacific Islander Mental Health - <https://adaa.org/finding-help/asian-americans>
- ▶ Asian and Pacific Islander mental health resources from Each Mind Matters - http://www.eachmindmatters.org/wp-content/uploads/2017/06/EMM-Resources-for-Orgs-Working-with-API-Jan-2017_.pdf
- ▶ BIPOC Mental Health - <https://www.mhanational.org/bipoc-mental-health>

RESOURCES

- ▶ SAMHIN (South Asian Mental Health Initiative and Network): <https://samhin.org>
- ▶ Native Wellness Institute - <https://www.nativewellness.com>
- ▶ Resources for Indigenous Americans - www.nihb.org/behavioral_health/resources.php
- ▶ Native American Connections (Behavioral Health) - www.nativeconnections.org/behavioral-health

RESOURCES

- ▶ National Coalition on Mental Health and Deaf People - <https://nasmhpd.org/content/national-coalition-mental-health-and-deaf-individuals-0>
- ▶ Deaf Counseling Center - <https://deafcounseling.com>
- ▶ National Association of the Deaf (info on mental health, and requirements for mental health care providers, etc.) - <https://www.nad.org/resources/health-care-and-mental-health-services/mental-health-services/>