

Mental Health Awareness Month

TOGETHER or Mental Health May, 2022



"Emotional processes are structurally and functionally intertwined with (and often the same as) the cognitive capacities required for learning."

> MARY HELEN IMMORDINOYANG & ANTONIO DAMACIO



The Hand Model of the Brain What happens when we "flip our lid"

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically. Sometimes too much information is coming in for the Upper brain to process and it disconnects. We "flip our lid" and can no longer access the functions provided by the upper brain

Your brain working in harmony. All parts are connected and talking. The upper part of the brain can be accessed for logic, socialising and reasoning. Our upper brain is hugging our mid brain, making it feel safe

Brain Stem Reptilian brain Basic functions Hind brain

Base of Skull Spinal cord

Cerebral cortex

Upper and lower parts of the brain are no longer connected and talking, Logic no longer influence emotions. You've "flipped your lid"

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The Cerebellum or Limbic Regions Hippo campus Amygdala Mid brain "Big feelings" "Cave man" brain "Downstairs brain" Information dump from the Central Nervous System

The Cerebrum or Neo Cortex

Cerebral cortex

"Thinking brain"

"Upstairs brain"

Prefronatal cortex Upper brain "Logic centre"



Depression

People with depression may experience a lack of interest in daily activities, changes in sleep patterns and mood, feelings of worthlessness, and possibly thoughts of selfharm.

Anxiety

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.

Languishing

Languishing is a sense of stagnation and emptiness.



Mental Health Statistics for Youth & Young Adults 1 in 5

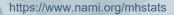
young people report that the pandemic had a significant negative impact on their mental health.

31%

increase in mental health-related emergency room visits.

1 in 10

People under age 18 experience a mental health condition following a COVID-19 diagnosis.



Support in SRVUSD

Elementary

Coordination

of Services

Tiered Supports

Referral Process

Response to Screeners

Harmony SEL Zones of Regulation Elementary Counselors Rainbow Room

Secondary

Small Groups S.O.S. Presentations School & Support Counselors

All Levels

Classroom Presentations Restorative Circles Parent Education Crisis Counseling Coordinating Accommodations



Helpful Resources

Contra Costa County Crisis Help Line:

- Text 20121
- Call 1-800-833-2900
- Text 211 for community services
- Suicide Prevention: 1-800-273-TALK (8255)
- The Trevor Project: 1-866-488-7386
- NAMI (Nat'l Alliance on Mental Illness):
 - Text NAMI to 741741
 - Call 1-800-950-NAMI (6264)



Thank You

TOGETHER for Mental Health

Mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system.

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