

Mental Health Awareness Month

TOGETHER for 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 IMMORDINO-YANG
& 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





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 self-harm.



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



Harmony SEL
Zones of Regulation
Elementary Counselors
Rainbow Room

Secondary

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

Coordination of Services

Tiered Supports
Referral Process
Response to Screeners

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.

