



Navigating Your Mental Health Needs



Goals of this seminar:

- List warning signs of mental illness.
- Identify mental health resources available in the area.
- Discuss barriers to seeking help for an individual's mental health.

Fraternity Values:

- Personal and Intellectual Growth
- Sincere Friendship

Suggested Facilitator:

- Vice President Risk Management
- Director Policy and Prevention Education
- Local/Campus Mental Health Professional

Room setup/materials needed:

- You may need a projector or TV screen to show the intro video if this option is chosen.

Getting started:

- The facilitator should walk through this seminar prior to presenting it to make sure they're comfortable with the material.
- Talking points are indicated with normal font and in quotation marks. Please use these as speaking guidelines but be sure to make the presentation your own.
- Facilitation instructions are indicated with italicized font. These are hints you might find helpful when administering the material. Most importantly, have fun! The more excited and engaged you are, the more participants will be.
- If you are holding this workshop during a chapter meeting, or another time where cell phones aren't usually allowed, let participants know they will need them for this activity.

☰ Introduction: Navigating Your Mental Health Needs

☰ Part 1: Navigating Your Mental Health Needs

≡ Part 2: Navigating Your Mental Health Needs

≡ Conclusion: Navigating Your Mental Health Needs

≡ Participant Activities

Introduction: Navigating Your Mental Health Needs

Warning Signs

“ Today, we will discuss how to navigate your mental health needs. This may be an **emotionally activating** conversation. Do what you need to do to take care of yourself during this time. If you need to step away or excuse yourself, that’s okay! I ask that everyone does the following three things today:

- Be respectful. Moments shared during the seminar today should not leave this room. Stories stay and only lessons learned from those stories leave.
- Listen as if you’re the only person in the room. Give those speaking your undivided attention and an opportunity to share what they’re ready to share.
- Share the knowledge and resources you gain today, as they could save someone’s life tomorrow.

We’ll start today’s conversation by discussing common warning signs of a mental health condition in teens and young adults. If you or someone you know experiences any of the following behaviors, it may not mean they have a mental illness. However, being aware of potential symptoms of a mental illness is the first step in a person’s mental health journey.”

You have two options to lead your chapter in the discussion of warning signs. Review these options beforehand to decide which will work best for you.

OPTION 1: READ LIST OF WARNIN...

OPTION 2: WATCH OR LISTEN TO ...

This option is better for a chapter with no TV or projector available. Make it available for your members to view on a handout or PowerPoint, shared in a GroupMe or Zoom chat or on the Leading with Values module. Members can use the online Leading with Values module to view the list below. Send them the link to this seminar and direct them to the “Participant Activities” tab on the left side. There, they will find the questions below.

“ The following list is from the [National Alliance on Mental Illness \(NAMI\)](#). They’re a great resource for mental health needs. They have a helpline, resource referrals and can provide support to you for free. I’ll provide their contact and website information at the end of the seminar.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don’t exist in objective reality)
- Inability to perceive changes in one’s own feelings, behavior or personality (“lack of insight” or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)

- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance”

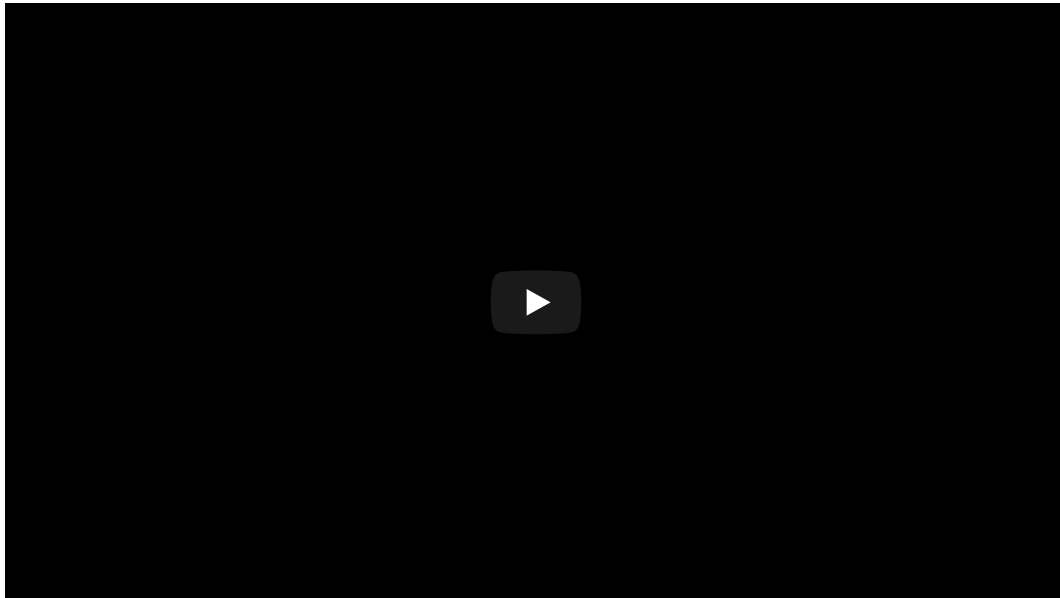
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“ This video is from the [National Alliance on Mental Illness](#). They're a great resource for mental health needs. They have a helpline, resource referrals and can provide support to you for free. I will provide their contact and website information in a bit.”

10 Common Warning Signs of a Mental Health Condition in Teens and Young Adults



“ Now you're probably thinking, okay, I've seen some of these signs in myself or people I care about. Does that mean I or they have a mental illness? That's not up to us to decide! This is when it's time to seek professional help.”

CONTINUE

Part 1: Navigating Your Mental Health Needs

Mental Health Resources

“ Who here likes asking for help? Raise your hand (Zoom or actual). I didn't see many hands raised. Why do you think people don't like asking for help?”

Collect a few responses from the group, either out loud or in the chat. You'll most likely hear that asking for help is hard, makes you feel vulnerable, or makes you feel or look like you don't know what you're doing.

“ Thank you for sharing! Asking for help **is** hard. There is a difference, though, in asking for help on your biology homework and asking for help for your own mental health needs. The difference is your life. Asking for help is crucial when you're experiencing warning signs of a mental health condition. But where do you go when you need help? How do you know WHO to go to? Let's look at the different kinds of doctors and resources available. These definitions are also from the [National Alliance on Mental Illness \(NAMI\)](#).

If members want to follow along with you and view each mental health resource as you read them, they can view them in the Leading with Values module. Send them the link to this seminar and direct them to the "Participant Activities" tab on the left side. There, they will find the resources to swipe through below.

- **Psychologists**

Psychologists hold a doctoral degree in clinical psychology or another specialty such as counseling or education. They are trained to evaluate a person's mental health using clinical interviews, psychological evaluations and testing. They can make diagnoses and provide individual and group therapy. Some may have training in specific forms of therapy like cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT) and other behavioral therapy interventions.

- **Counselors/Therapists**

These masters-level health care professionals are trained to evaluate a person's mental health and use therapeutic techniques based on specific training programs. They operate under a variety of job titles — including counselor, clinician, therapist or something else — based on the treatment setting. Working with one of these mental health professionals can lead to symptom reduction and better ways of thinking, feeling and living. They practice psychotherapy, more commonly known as talk therapy.

- **Clinical Social Workers**

Clinical social workers are trained to evaluate a person's mental health and use therapeutic techniques based on specific training programs. They are also trained in case management and advocacy services.

- **Psychiatrists**

Psychiatrists are licensed medical doctors who have completed psychiatric training. They can diagnose mental health conditions, prescribe and monitor medications and provide therapy.

- **Other**

Other forms of help not commonly referenced that could be discussed with a physician include psychosocial treatments, complementary health approaches and brain stimulation therapies.

- **Family and Friends**

Let's be clear, these are not professional resources, but they can help you do research or find the right next step for you in navigating your mental health. It's helpful to have your family and friends by your side through this time.

Some mental health professionals require a referral from your primary care physician. Their website should indicate if they require a referral or if you can make an appointment without one.”

Mental Health Resources

Let's look at the different kinds of doctors and resources available. These definitions are from the [National Alliance on Mental Illness \(NAMI\)](#).

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Summary

Some mental health professionals require a referral from your primary care physician. Their website should indicate if they require a referral or if you can make an appointment without one.

Other resources that weren't mentioned by NAMI are telehealth resources. These are great because they're available right away and some can come at no cost to you! In your Participant Activity Guide, you can find a list of hotline numbers to call if that option fits your needs:

- Suicide and Crisis Lifeline: 988
 - Options for Deaf and Hard of Hearing individuals: Use your preferred relay service or dial 711 then 988. The online chat is also available here: <https://988lifeline.org/chat/>.
- Crisis Text Line: Text HOME to 741741
- National Domestic Violence Hotline: 800-799-7233
- National Sexual Assault Hotline: 800-656-4673
- Substance Abuse and Mental Health Services Helpline: 800-662-4357"

CONTINUE

OPTION 1: RESEARCH HELP IN YO...

OPTION 2: RESEARCH VIRTUAL HE...

This option is better for chapters that are primarily in person, on campus.

“ In small groups, you'll have ten minutes to find three local resources you or someone you know could seek to get the help they need. Make sure to take note of the specialty areas they serve (LGBTQ+, eating disorders, sexual assault, etc.). Additionally, take note of how far they are from campus, the cost of a regular visit and any other important things someone should know while seeking help. Select someone in your group to be a note taker. They will be asked to provide these notes to me after the seminar so I can compile a list of resources in our area for chapter members.”

OPTION 1: RESEARCH HELP IN YO...

OPTION 2: RESEARCH VIRTUAL HE...

This option is better for chapters that are primarily virtual.

“ In breakout rooms, you’ll have ten minutes to find three virtual resources you or someone you know could seek to get the help they need. Make sure to take note of the specialty areas they serve (LGBTQ+, eating disorders, sexual assault, etc.). Additionally, take note of the cost of a regular visit and any other important things someone should know while seeking help. Select someone in your group to be a note taker. I will send a link in the chat for note takers to access a shared Google document to share the resources found. This is so I can compile a list of resources for all chapter members.”

CONTINUE

Part 2: Navigating Your Mental Health Needs

Barriers

“ From what we’ve learned and researched today, we have a great start on navigating our mental health needs. However, it’s not always as easy as picking up the phone and making an appointment. There are often barriers to seeking help for our mental health that aren’t frequently thought or talked about. Can you name barriers someone might encounter while trying to seek help for their mental health needs?”

Collect responses shared out loud or in the chat. If you don't hear the following responses, make sure to discuss them with the group:

1

“Lack of anonymity

- Maybe you’re in a small town, you have a family member in the mental health field or your campus is small and you can be seen walking in and out of the counseling center.

2

Cost

- Health care can be costly, and not everyone has insurance. Your \$15 co-pay may be \$50 or \$200 for someone else for just one visit.

3

Location

- In rural and underserved areas, the quantity and quality of resources (in-person or virtual) can be scarce.

4

Transportation

- You may not have access to a car, you rely on public transit or you walk most places.

5

Limited availability

- Mental health professionals can have limited availability for new clients as they most likely have an ongoing client list they work with.
- The wait to see a mental health professional can sometimes be weeks or months, depending on their schedule.

6

Stigma

- The idea of caring for your mental health isn’t something widely recognized or celebrated.
- Depending on your race, gender, background or socioeconomic status, there may be an additional stigma to seeking professional help.

7

Lack of culturally competent care

- Every person's mental health needs are different. Someone who is Black may have different needs than someone who is white and may search for different kinds of professionals to help them. Perhaps a person of color seeks another person of color for professional help for lived experience.
- This goes for specific trauma as well. Someone who has been sexually assaulted may seek a mental health professional who specializes in supporting survivors of sexual assault.”

OPTION 1: DISCUSS BARRIERS SO...

OPTION 2: DISCUSS HOW INTERSE...

This option is better for chapters with beginner's-level knowledge in mental health barriers.

“ In your small groups, discuss the barriers we listed and how it would feel to have resources at your fingertips but still unreachable. Additionally, please discuss how someone facing these barriers could still seek help. After 7-10 minutes of discussion, you'll share back one or two findings with the larger group.”

Send participants to small groups for 7-10 minutes.

OPTION 1: DISCUSS BARRIERS SO...

OPTION 2: DISCUSS HOW INTERSE...

This option is better for chapters with an advanced level of comfort and knowledge in mental health barriers.

“ In your small groups, discuss how intersectionality plays a role in the barriers an individual may encounter when seeking mental health resources. Additionally, please discuss how someone facing these barriers could still seek help. After 7-10 minutes of discussion, you'll share one or two findings with the larger group.”

Send participants to small groups for 7-10 minutes.

CONTINUE

Conclusion: Navigating Your Mental Health Needs

Action Plan

“Why are we here today? Why did we discuss how to navigate our mental health needs? Please share out loud or in the chat why we’re here today discussing this topic.”

Collect responses shared out loud or in the chat. You may hear responses such as: mental health is an important topic often not talked about; many people need to seek help but don't know where to start; people might encounter barriers and not know how to overcome them; the topic ties directly to our Pi Phi core values of Personal and Intellectual Growth and Sincere Friendship.

“We'll spend the last five minutes creating action plans from what we learned today. What can you do as individual members and what can we do as a chapter to navigate our mental health needs?”

OPTION 1: DEBRIEF AND CREATE ...

OPTION 2: DEBRIEF AND CREATE ...

This option is better for small- to medium- sized chapters.

Have the discussion as a chapter and create an action plan, your Chapter Leadership Team can guide your members through at a later time.

OPTION 1: DEBRIEF AND CREATE ...

OPTION 2: DEBRIEF AND CREATE ...

This option is better for medium- to large-sized chapters.

Have small groups develop an action plan, your Chapter Leadership Team can guide your members through at a later time. Once participants are finished developing their plan, bring them back for a large group discussion to share a few of their ideas. Be careful with the number of members you allow to share, as this is the end of the program and you want to respect your members' time. Members can continue to share ideas at a future chapter meeting.

“**Thank you all for coming today!** I hope you learned something that can help you or someone you love. There are so many resources available for help; we just have to take the first step and seek them out. Here is the National Alliance on Mental Illness help line and website I referenced earlier if you’re interested in learning more: 800-950-NAMI (6264) or www.nami.org.”

Additionally, I wanted to mention, I know we spent today talking about navigating YOUR mental health needs, but I hope you're taking the opportunity to look out for each other and identify when someone you know is struggling. If you need help getting that conversation started, visit seizetheawkward.org for inspiration on helpful opening lines.

Thank you, again!”

Survey

Provide the following link to four members of your chapter, one from each class. You and those four members will complete the Leading with Values seminar survey to provide feedback to Pi Beta Phi.

pibetaphi.org/lwfeedback

FINISH

Participant Activities

Introduction, Option 1 List

The following list is from the [National Alliance on Mental Illness \(NAMI\)](#).

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Part 1, Resources Continued

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- Crisis Text Line: Text HOME to 741741
- National Domestic Violence Hotline: 800-799-7233
- National Sexual Assault Hotline: 800-656-4673
- Substance Abuse and Mental Health Services Helpline: 800-662-4357

Part 2, Option 1 Mental Health Barriers List

- 1 Lack of anonymity
- 2 Cost
- 3 Location
- 4 Transportation
- 5 Limited availability
- 6 Stigma
- 7 Lack of culturally competent care

Also wondering how you can help a friend navigate their mental health needs? Not sure how to get the conversation started? Check out seizetheawkward.org for opening lines and advice on how to navigate conversations centered around mental health.

Thank you for engaging in this seminar, today! Please fill out this survey to give feedback on this *Leading with Values* seminar: Navigating Your Mental Health Needs

[Complete the Leading with Values survey.](#)

FINISH