



# WARNING SIGNS

## of Mental Health Conditions

- ⚠ Feeling very sad or withdrawn for more than 2 weeks
- ⚠ Severe, out-of-control, risk-taking behaviors that cause harm to self or others
- ⚠ Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- ⚠ Seeing, hearing or believing things that aren't real
- ⚠ Drastic changes in mood, behavior, personality or sleeping habits
- ⚠ Extreme difficulty concentrating or staying still that puts a person in physical danger or causes school failure
- ⚠ Intense worries or fears that get in the way of daily activities
- ⚠ Throwing up, using laxatives or not eating to lose weight; significant weight loss or weight gain
- ⚠ Using alcohol or drugs excessively
- ⚠ Trying to harm oneself, attempt suicide or making plans to do so

### SIGNS OF BEING BULLIED

- **Recognize the warning signs:**
    - Unexplainable injuries
    - Lost or destroyed clothing, books, electronics or jewelry
    - Feeling sick or faking illness
    - Difficulty sleeping or frequent nightmares
    - Declining grades, loss of interest in schoolwork, or not wanting to go to school
  - **Learn what bullying IS and what it IS NOT**
  - **Cyberbullying**
- Learn how to prevent it and how to address it if it occurs

### SIGNS OF BULLYING OTHERS

- Gets into physical or verbal fights
- Has friends who bully others
- Is increasingly aggressive
- Gets sent to the principal's office or to detention frequently
- Has unexplained extra money or new belongings
- Blames others for their problems
- Doesn't accept responsibility for their actions
- Is competitive and worry about their reputation or popularity

(Source: The Relationship Between Bullying and Suicide: What we know and what it means for school, Centers for Disease Control and Prevention, National Center for Injury Prevention and Control)

### SIGNS OF SUICIDE

- Talking, writing or drawing about death
- Talking about:
  - Having no reason to live
  - Being a burden to others
  - Not being here tomorrow
- Feeling hopeless, desperate or trapped
- Looking for ways to attempt suicide
- Giving away possessions
- Loss of interest in the things they care about
- Behaving recklessly
- Anger, irritability, violence

### WHAT **NOT** TO SAY TO YOUR CHILD

- **DON'T** dismiss how they're feeling as routine or as something that will get better on its own  
*"We all go through times like these. You'll be fine."*
- **DON'T** ask questions that will only give you a yes/no answer  
*"Are you OK?"*  
*"Are you having any problems?"*
- **DON'T** ask in a way that indicates you want "no" as an answer  
*"You're not feeling anxious about going to school, are you?"*
- **DON'T** promise confidentiality



## TIPS FOR TALKING WITH YOUR CHILD ABOUT THEIR MENTAL HEALTH

- Choose a time to talk when your child feels safe and comfortable. Maybe involve an activity, like going out to eat lunch, when you're done
- Communicate in a calm and straightforward way, prepare to do more listening than talking
- Speak at a level that's appropriate to your child's age and development level (preschool children need fewer details than teenagers)
- Watch your child's reactions and slow down or restate if your child becomes confused or looks upset
- Listen openly and let your child tell you about their feelings and worries. If talking is difficult ask them to write something or share an example or depending on age draw something.



## SAMPLE QUESTIONS FOR ADDRESSING YOUR CHILD'S MENTAL HEALTH NEEDS IN SCHOOL

### ***Could we work together to meet my child's needs?***

- Include what the teacher has found to be successful. Make it strengths based and empowering

### ***Do all staff working with my child know about their needs?***

- Including other staff members who have observed your child in the classroom and could share their ideas of what could help with student success

### ***Are there any areas where my child is making progress?***

- Make time to focus on the positive and re-affirm this to improve the student's self-esteem

### ***What strategies are in place or could be in place to help my child?***

- Discuss what has been used and what is available, maybe even include the student

### ***When can we meet again?***

- Recognize that emails and phone calls/texts can happen between meetings when questions or concerns arise

### ***May I have a copy?***

- Make copies for everyone involved and think about making a timeline to keep everyone on track



# Language Matters

Recovery is possible for anyone with a mental health condition. Choosing words that acknowledge a person's resiliency, strength and courage in the face of challenges breaks down negative stereotypes, encourages connection and gives people hope.

You can choose words that eliminate stigma and reflect an understanding of mental health using this tip sheet to guide you. Help others see that people living with mental health conditions are just people. This simple, but caring approach may encourage someone in need to reach out for support.

It only takes one person to make a difference. Lead by example. Be that person.

## Language Tips

### Say

Mental health

Mental health condition

Person living with a mental health condition

My daughter has Bipolar Disorder

Lives with or has

### Instead of

Mental illness

Brain disorder or brain disease

Consumer or patient

My daughter is bipolar

Suffers from, afflicted with or mentally ill

A person is not their mental health condition. Just like you wouldn't say someone is cancer, use "has" or "lives with" instead. Talk about mental health in a way that empowers people. Words like "brain disorder/disease," "mentally ill" and "suffers from" can be intimidating and give the illness the power.

## Talking About Suicide

### Say

Suicide attempt/  
attempted suicide

Died by suicide/  
suicide death

Took their own life

Died as a result of self-  
inflicted injury

Disclosed

### Instead of

Failed suicide or  
unsuccessful attempt

Successful or  
completed suicide

Committed suicide

Chose to kill  
him/herself

Threatened

When talking about suicide, consider other meanings your words may have. For example, "committed suicide" implies that suicide is a crime. You can help eliminate the misunderstanding and stigma that prevent people from speaking up and getting support by choosing words that are more clear and neutral.



**NAMI**

National Alliance on Mental Illness

# Progression

## A NAMI Utah Course for Teens with Mental Health Conditions

### What is NAMI Utah's Progression Course?

Progression is a free six-week class for teens with mental health conditions. In a safe, supportive environment, teens meet teens with mental health conditions and learn all about mental illness including causes, symptoms, diagnosis, treatment, recovery, and tips for leading a full, enriching life with a mental health condition. Our certified instructors are young adults who first experienced mental illness as teens. Classes are taught through readings, discussions, fun art projects, video clips, music and more.



#### **New Courses Starting soon!**

For teens ages 13 – 18.  
Pre-registration and parent permission is required.

#### **Location**

Virtual, on Zoom

#### **Questions & Registration**

Register at: <https://form.iotform.com/203496656956068>

For more information contact Victoria at 385.246.5931 or [victoria@namiut.org](mailto:victoria@namiut.org)

#### **Participant Perspectives**

“I gained so much insight and I looked forward to the classes every week. I thought I knew a lot about mental health but I learned so much.”

“It was a great class. I especially loved meeting others with similar experiences.”

## What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

## Basics online courses starting soon!



### Participant Perspectives

“This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all.”

“The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward.”

“NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office.”

**Contact us to register for this NAMI Basics class!**

Register at <http://namiut.2.vu/cc>

Questions?

Contact Christene Finch

[christene@namiut.org](mailto:christene@namiut.org)

(385) 743-1360

### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Utah and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental health conditions and their loved ones.

## Free NAMI Programs Now Online!

### **NAMI Connection Support Group**

Support Group for adults with mental health conditions.

Register at: <http://namiut.2.vu/sg>

### **NAMI Family Support Group (English and Spanish)**

Support Group for family members of loved ones with mental health conditions.

Register for English: <http://namiut.2.vu/sg>

Registrese en Español: <https://www.jotform.com/build/203017942455150>

### **NAMI Peer-to-Peer**

8-week course for individuals with mental health conditions.

Classes starting soon!

Register at: <http://namiut.2.vu/cc>

### **NAMI Family-to-Family (English and Spanish)**

8-week course for those supporting loved ones with mental health conditions.

Classes starting soon!

Register for English: <http://namiut.2.vu/cc>

Registrese en Español: <https://form.jotform.com/201297536291054>

### **NAMI Basics (English and Spanish)**

6-week course for those supporting children 18 and under with mental health conditions.

Classes starting soon!

Register at: <http://namiut.2.vu/cc>

Registrese en Español: <https://form.jotform.com/201297536291054>

### **NAMI Utah Progression**

6-week course for teens 13-18 years old with mental health conditions.

Classes starting soon!

Register at: <https://form.jotform.com/203496656956068>



For more information about NAMI Online programs please contact  
Christene Finch, State Programs Coordinator for NAMI Utah at [christene@namiut.org](mailto:christene@namiut.org).  
[www.namiut.org](http://www.namiut.org) | 801.323.9900 | Instagram: @NAMI\_Utah | [www.facebook.com/namiut](http://www.facebook.com/namiut)

## Free NAMI Seminars Now Online!

**NAMI Family & Friends** is a 90-minute seminar that informs and supports people who have loved ones with a mental health condition.

- **2<sup>nd</sup> and 4<sup>th</sup> Thursdays 7:00 – 8:30pm**

Register at: <https://form.jotform.com/201075680388156>

**NAMI In Our Own Voice** is a 60- minute interactive presentation that provides insight into what it's like to live with mental illness.

- **1<sup>st</sup> and 3<sup>rd</sup> Thursdays 7:00 – 8:00pm**

Register for English: <https://form.jotform.com/201075680388156>

Register for Spanish: <https://forms.gle/yPQ8KwQFpje8MC7J6>

**QPR: Question, Persuade, Refer:** is a 90- minute interactive training that provides the basics to suicide prevention.

- **3<sup>rd</sup> Thursdays 12:00 – 1:30pm**

Register at: <http://namiut.2.vu/qpr>



**Contact us to schedule a seminar for a group you're involved with!**

For more information please contact Victoria at [victoria@namiut.org](mailto:victoria@namiut.org) or call 385-246-5931

[www.namiut.org](http://www.namiut.org) | 801.323.9900 | Instagram: @NAMI\_Utah | [www.facebook.com/namiut](https://www.facebook.com/namiut)



**Make a  
difference  
in the life  
of teens.**

Schedule a **NAMI  
Ending the Silence**  
presentation for your  
students, school staff  
and families.



**nami**

National Alliance on Mental Illness

**Ending the Silence**

**NAMI Ending the Silence is a 50 minute  
presentation about mental health conditions.**

For more information contact Victoria Workman:  
385.246.5931 or [Victoria@namiut.org](mailto:Victoria@namiut.org)



## Ending the Silence

NAMI Ending the Silence is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

### What Your Audience Will Get

- Free of cost to schools and communities
- **NAMI Ending the Silence for Students:** 50-minute presentation designed for middle and high school students that includes warning signs, facts and statistics and how to get help for themselves or a friend. [Research](#) has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students' knowledge and attitudes toward mental health conditions and toward seeking help
- **NAMI Ending the Silence for School Staff:** 1-hour presentation for school staff members that includes information about warning signs, facts and statistics, how to approach students and how to work with families
- **NAMI Ending the Silence for Families:** 1-hour presentation for adults with middle or high school aged youth that includes warning signs, facts and statistics, how to talk with your child and how to work with school staff

### What People Are Saying

"I'm really grateful and glad that you talked to us. I often feel very alone or weird because many kids my age don't understand. But, now I'm sure they would be more supportive of me." -Student

"Thank you, Renee, for coming to my school and sharing your story. You have changed my life forever. The things you explained about your depression relate to how I feel. When I got home, I immediately talked to my parents and hopefully I will get some help." -Student

"It is amazing what just one day, one talk can do. You never really know what's going on in the brain of any particular student." -Teacher

"Recently parents from two different families reached out to me after their children had seen NAMI Ending the Silence. Both were thanking me for the work we do along with being grateful to know about us as a resource. They were able to have very meaningful and open conversations with their children/students and happy they are getting this information in the school setting." -ETS Program Leader

### Introductory Video

Click here to see a short video that further explains the Ending the Silence presentation:

<https://youtu.be/c68zZikPhqc>

### Schedule An Ending The Silence Presentation

If you would like to host a NAMI Ending the Silence presentation at your school, contact Victoria Workman at 385.246.5931 or [victoria@namiut.org](mailto:victoria@namiut.org). If the presentation isn't already available, ask to bring it to your community