

Self-Care and Safety

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It's ok not to be ok!

<https://www.youtube.com/watch?v=NdKb-OtS2iw>

Our Mission

NAMI New Jersey is a statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Through **education, support, advocacy and public awareness** programs, NAMI NJ fosters understanding about mental illness, confronts stigma often associated with mental disorders, advocates for public policies that benefit those affected by mental illness, and promotes research into the causes, treatment and recovery of mental health disorders.

**Where does NAMI stand
in the system of care?**

HOW NAMI HELPS



What is **MENTAL ILLNESS**?

- **A disease or condition affecting the brain**
- **Resulting from interaction between factors**
 - Genetic
 - Biological
 - Psychological
 - Environmental
- **Influences the way a person thinks, feels, behaves, and/or relates to others and to their surroundings**

The Crisis in Children's and Teen's Mental Health in the United States

- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- 50.6% of U.S. youth aged 6-17 with a mental health disorder received treatment in 2016
- High school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers
- Suicide is the 2nd leading cause of death among people aged 10-34
- The pandemic is resulting in increased mental health symptoms in those with and for those without a mental health diagnosis.

Common Disorders in Children & Teens

- Depressive & Mood Disorders (Suicidal Ideation)
- ADHD & Disruptive Disorders (ODD & CD)
- Anxiety Disorders
- Autism Spectrum/Developmental Disorders
- Trauma & Stressor related disorders (PTSD)
- Obsessive-Compulsive and related disorders
- Substance Abuse Disorders

Mental Health Conditions

Obsessive-Compulsive Disorder

Obsessive-compulsive disorder causes repetitive, unwanted, intrusive thoughts (obsessions) and irrational, excessive urges to do certain actions (compulsions).

Posttraumatic Stress Disorder

PTSD is the result of traumatic events, such as military combat, assault, an accident or a natural disaster.

Schizoaffective Disorder

Schizoaffective disorder is characterized primarily by symptoms of schizophrenia, such as hallucinations or delusions, and symptoms of a mood disorder, such as depressive or manic episodes.

Schizophrenia

Schizophrenia causes people to lose touch with reality, often in the form of hallucinations, delusions and extremely disordered thinking and behavior.

Early Psychosis and Psychosis

Psychosis is characterized as disruptions to a person's thoughts and perceptions that make it difficult for them to recognize what is real and what isn't.

Dissociative Disorders

Dissociative disorders are spectrum of disorders that affect a person's memory and self-perception.

Eating Disorders

When you become so preoccupied with food and weight issues that you find it hard to focus on other aspects of your life, it may be a sign of an eating disorder.

Mental Health Conditions

ADHD

Attention deficit hyperactivity disorder (ADHD) is a developmental disorder where there are significant problems with attention, hyperactivity or acting impulsively.

Anxiety Disorders

Everyone experiences anxiety sometimes, but when it becomes overwhelming and repeatedly impacts a person's life, it may be an anxiety disorder.

Autism

Autism spectrum disorder (ASD) is a developmental disorder that makes it difficult to socialize and communicate with others.

Bipolar Disorder

Bipolar disorder causes dramatic highs and lows in a person's mood, energy and ability to think clearly.

Borderline Personality Disorder

Borderline personality disorder (BPD) is characterized by severe, unstable mood swings, impulsivity and instability, poor self-image and stormy relationships.

Depression

Depression is more than just feeling sad or going through a rough patch; it's a serious mental health condition that requires understanding and treatment.

How Mental Illness affects Learning

- Emotional readiness
- Stamina
- Concentration
- Thinking
- Recall of information
- Handling Stress
- Interactions with peers
- Responding to change
- Side effects of medication

First Step to Self-Care

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with the text centered on the left side of the frame.

SAY IT OUT LOUD

- ▶ Mental health conditions are all around us and among us. By knowing more about them, we can encourage each other to speak up and build better lives.
- ▶ Raising awareness by sharing information and starting conversations about mental health is key in reducing these perceptions and increasing the likelihood that teens will seek mental health care when they need it. NAMI is committed to helping start those conversations.



If you're struggling with
your mental health right now:

mellow doodles

INSTEAD OF:

 Critical self talk

 Pushing & pushing

 Trying to do it all

 Overthinking

 Your normal
workload

TRY:

 Celebrating small wins

 Taking a nap or rest

 Asking for help

 Listening to an audiobook
or podcast

 Setting 3 realistic
goals per day

SELF CARE IDEAS

5 MINUTES

- Brush your hair
- Make yourself a warm drink
- Light a candle
- Listen to an upbeat song
- Drink a glass of water
- Give yourself a foot massage
- Step outside in the fresh air
- Txt someone you love
- 5 Minutes of focused breathing
- Write down 10 things you are grateful for
- Dance like crazy
- Smile!
- Buy yourself flowers

15 MINUTES

- Have a shower
- put on a face mask
- go for a walk
- Make a smoothie
- stretch
- have a cat nap
- Call someone you love
- Pamper yourself
- Do a short meditation
- Spend time in nature
- journaling
- Watch a funny youtube clip
- Soak in a bubble bath
- Write down positive affirmations

AN HOUR OR MORE

- Binge watch a funny show
- Spend time with friends
- Create a vision board
- Do an intense workout
- Get a massage
- Read a book
- Listen to podcasts
- Go on a hike
- unplug from technology
- Try yoga
- Organise your wardrobe
- Cook a new meal
- Paint a picture
- Go to the movies

IDEAS FOR PRACTICING **SELF-CARE**

PHYSICAL

go for a walk
dance
hike
swim
get a hug
play with a dog
clean & reorganize your room
take a bath

MENTAL

read a book
learn a new skill like photography or drawing
do a DIY project
color
turn your phone off

EMOTIONAL

meditate
practice Yoga
light a candle
talk with a friend
go on a date
journal
write down a list of things you're grateful for

Give
yourself
GRACE
to get
through this
time.

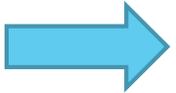
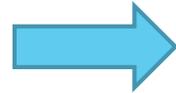
Principles of Support

1. We will see the individual first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.
5. We find strength in sharing experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept we cannot solve all problems.
11. We expect a better future in a realistic way.
12. We will never give up hope.



Connection Recovery Support Group
Family Support Group

Give
yourself
GRACE
to get
through this
time.



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How to Find Support?

Visit www.naminj.org

Support
groups

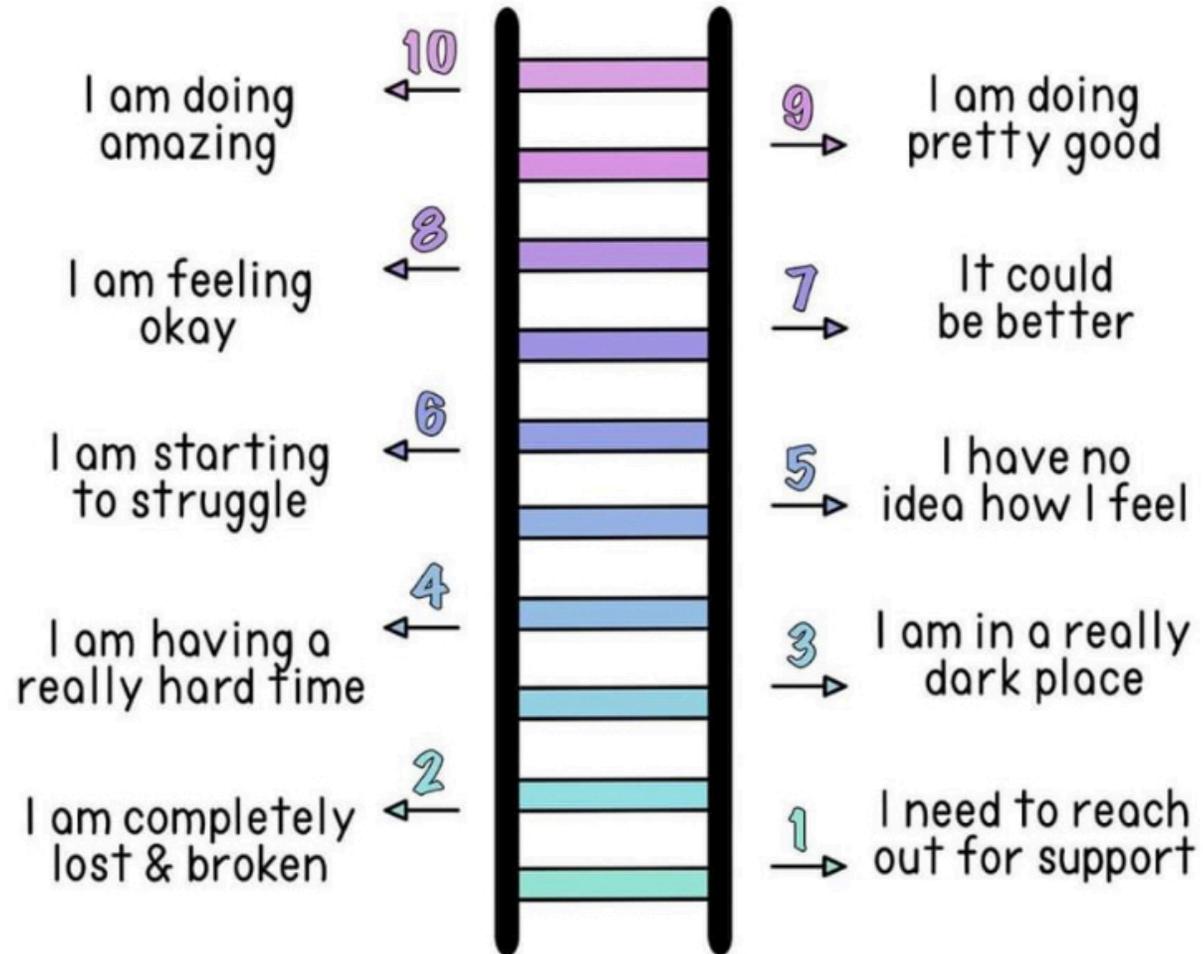
Webinars

Community
Resources

Sign up for
Newsletter

1-10 mental health check-in scale

@what.is.mental.illness



Most important part of self care... knowing how you are

When should I be concerned...

****trigger warning****

Warning Signs of a Mental Health Condition

- ▶ Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated)
- ▶ Seriously trying to harm or kill oneself or making plans to do so
- ▶ Severe out-of-control, risk-taking behaviors that can cause harm to self or others
- ▶ Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- ▶ Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- ▶ Severe mood swings that cause problems in relationships
- ▶ Repeated use of drugs or alcohol
- ▶ Drastic changes in behavior, personality or sleeping habits (e.g. waking up early and acting agitated)
- ▶ Extreme difficulty in 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 like hanging out with friends or going to classes

Warning Signs of someone considering Suicide*

- ▶ Threats of suicide—either direct or indirect
- ▶ Verbal hints such as “I won’t be around much longer” or “It’s hopeless”
- ▶ Obsession with death
- ▶ Depression
- ▶ Overwhelming sense of guilt, shame or rejection
- ▶ Putting affairs in order (for example, giving or throwing away favorite possessions)
- ▶ Sudden cheerfulness after a period of depression
- ▶ Dramatic change in personality or appearance
- ▶ Becoming angered easily
- ▶ Bizarre thoughts
- ▶ Changes in eating or sleeping patterns
- ▶ Changes in school performance
- ▶ Lack of interest in future plans, loss of interest in things
- ▶ Withdrawing from family and friends
- ▶ STRESS

* This is not an exhaustive list, and this is not a checklist

Keep in Mind

- ▶ If someone seems different - do not ignore it
- ▶ Don't be afraid to ASK. Then act.
- ▶ Pay attention when someone is going through a difficult time.
- ▶ If someone makes an attempt and survives, continue to be there.
 - ▶ Check in with them often.
 - ▶ Tell them it's OK for them to talk about their suicidal feelings.
 - ▶ Listen without judgment.
 - ▶ Tell them you want them in your life.
 - ▶ If they start to show warning signs, ask directly if they're thinking about suicide.
 - ▶ Call the Lifeline for advice on how to help. 1-800-273-8255
- ▶ Let them know you are a safe person to speak with - meaning - they can tell you when they are thinking of hurting or killing themselves.
- ▶ YOU DO NOT NEED TO HAVE ALL THE ANSWERS.

If you are concerned - **ACT**

▶ **ASK** - Are you thinking about suicide?

▶ **CARE** - If you think someone is in danger - stay with them and offer help. Do not leave them alone.

▶ **TELL** - Tell the parent of the child. Tell the partner. Tell people who can provide intervention.

If someone is in immediate danger - call 911.

Where to get help in New Jersey

▶ **Psychiatric Emergency Screening Services**

▶ IN EACH COUNTY

- ▶ *Screening Center* - A public or private ambulatory care service designated by the Commissioner, which provides mental health services including assessment, emergency and referral services to mentally ill persons in a specified geographical area. Screening is the process by which it is ascertained that the individual being considered for commitment meets the standards for both mental illness and dangerousness

▶ **Early Intervention Services/Crisis Intervention Services**

- ▶ Early Intervention Support Services (EISS) is a short term, mental health service for adults who are experiencing significant emotional or psychiatric distress and are in need of immediate intervention. EISS offers crisis intervention and crisis stabilization services in a setting that is an alternative to hospital based emergency room treatment. Outreach (non-office based) services are available.

- ▶ Go to www.naminj.org to find your local resources

WHERE TO GET HELP...

- ▶ ***Suicide Lifeline:*** *If you or someone you know may be struggling with suicidal thoughts you can call the [U.S. National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org/) at 800-273-TALK (8255) any time of day or night or [chat online](#).*
- ▶ ***Crisis Text Line*** *provides free, 24/7, confidential support via text message to people in crisis when they dial 741741.*
- ▶ *For people who identify as LGBTQ, if you or someone you know is feeling hopeless or suicidal, you can also contact The Trevor Project's [TrevorLifeline](https://www.thetrevorproject.org/) 24/7/365 at 1-866-488-7386.*
- ▶ *The [Military/Veterans Crisis Line](https://www.dvaf.org/military-veterans-crisis-line/), [online chat](#), and text-messaging service are free to all service members, including members of the National Guard and Reserve and veterans, even if you are not registered with the U.S. Department of Veterans Affairs (VA) or enrolled in VA health care. Call 1-800-273-8255 and press 1.*

Resources for Youth and Families

NAMI Resources

- ▶ [NAMI Basics OnDemand](#)
- ▶ [NAMI NJ Children and Youth Resources](#)
- ▶ [Register for NAMI NJ Support Groups](#)
- ▶ [Learning to Help Your Child and Your Family](#)
- ▶ [The Crisis Text Line is open 24/7: text NAMI to 741741](#)
- ▶ [NAMI's Ask the Expert](#)
 - ▶ Supporting the Emotional Needs of Children and Youth During the COVID-19 Pandemic

Additional Resources

- ▶ Child Mind Institute
 - ▶ [Preventing Parent Burnout](#)
 - ▶ [Telehealth Services for Children and Teens](#)
 - ▶ [Support for Kids With ADHD During the Coronavirus Crisis](#)
- ▶ [Family Support Organizations](#)
- ▶ Youth Helpline
 - ▶ 2nd Floor: 1-888-222-2228
- ▶ Family Helpline
 - ▶ NJ Department of Children and Families: 1-800-843-5437
- ▶ [Mom2Mom Helpline: 1-877-914-6662](#)
- ▶ Disaster Mental Health Helpline at 1-877-289-HELP (4357)

You are not alone!



A PEER SUPPORT TEEN TEXT LINE

- Open 12pm – 10pm
- Designed for 14 – 20 year olds
- Staffed by youth under 23 years of age



*New Jersey Department of Children and Family Funded Program



We're here to listen

We support and empathize, we help you find the solution, and we always keep our conversations confidential.

Call 908.232.2880

(7 days a week, 7am - 11pm based on volunteer availability)

Text "heart" to 741-741

(available 24/7)

If you are in crisis, please call:

800-273-TALK (8255)

24/7 - Every call is answered

Q & A

