



MENTAL HEALTH FIRST AID

Mental Illness By The Numbers

In Wisconsin alone, nearly 60% of adults report at least one adverse childhood experience while growing up.

1 in 5 U.S. adults experience mental illness each year

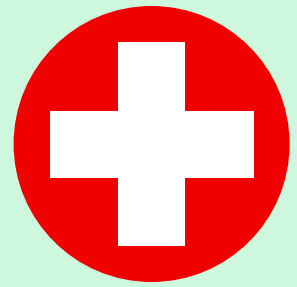
1 in 20 U.S. adults experience serious mental illness each year

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

Suicide is the 2nd leading cause of death among people aged 10-14





Mental Health Emergencies



Mental health emergencies look different for different people. Warning signs may appear abruptly or gradually. Generally, changes in behavior including work, school performance, social isolation, increased use of drugs and/or alcohol, and loss of interest in normal activities or hobbies are often indicators that someone's mental health is deteriorating.

Other potential signs of a mental health crisis may include:

- inability to perform daily tasks (such as not getting out of bed, not eating/overeating, or failing to go to work/school)
- poor hygiene
- suicidal thoughts or self-harm behaviors
- psychosis (including hallucinations or delusions)
- paranoia or seeming disconnected from reality (Dissociation)
- feelings of hopelessness, depression, irritability, anger, or anxiety



What Causes a Mental Health Crisis?

1. **Environment: Sights, Sounds, Touches, Scents**
2. **Stress**
3. **Traumatic Events: Death, Loss of a Friend, Family
Emergency, Accidents**
4. **Anniversaries of traumatic events**



Trauma

Trauma can overwhelm a person's ability to cope and lead to negative consequences, including substance use, as well as mental and physical health problems.

Trauma-informed practices are ways to understand and show care to people who live with, or are affected by, toxic stress and trauma

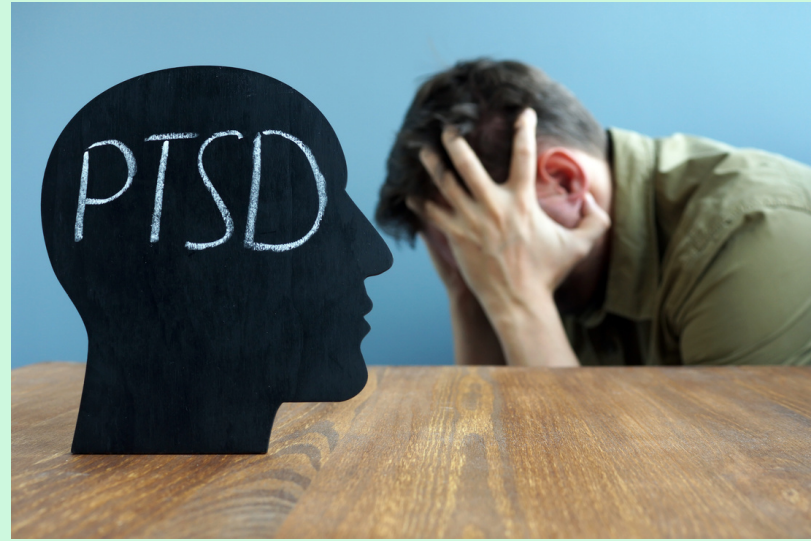
Trauma impacts our health, behaviors, and relationships.

trauma can manifest in certain behaviors and symptoms.

Trauma Informed Practices

- 1. Create an environment where people feel safe physically and emotionally**
- 2. Building Trust and Transparency**
- 3. Empowerment: Build on their strengths**
- 4. Support**
- 5. Recognize the role of culture, identity, and historical trauma in the healing process**

Stigma



People may tell someone who doesn't "look ill" to "get over it" through willpower. These misperceptions add to the challenges of living with a mental health condition.

People with mental health conditions can and do pursue higher education, succeed in their careers, make friends and have relationships.

What Can We Do?

**providing services and support in ways that uplift
and do not blame the person in need..**

**Think about how we are approaching and
supporting individuals who have experienced
trauma.**

**Instead of asking “what is wrong with you”, a
trauma-informed approach would ask “what has
happened to you?”**



For Ourselves....

- 1. Exercise**
- 2. Eat Right**
- 3. Bedtime Routine...Turn of electronics**
- 4. READ!!! (We ARE Librarians, right?)**
- 5. Do what you enjoy...music, bubble bath, paint, draw, color**
- 6. Meditate**
- 7. Talk to support circle...family or friends**

Implementing Trauma-Informed Practices

The Four “R’s”

- 1. Realizing the prevalence of trauma**
- 2. Recognizing how trauma affects individuals**
- 3. Taking steps to minimize situations that could cause distress or trigger a person's memories of traumatic event.**
- 4. Recognize their dignity, voice, and encourage self-empowerment**

How to Help Someone Having A Mental Health Crisis

- 1. Assess the Situation**
- 2. Listen Compassionately**
- 3. Connect them with supportive community resources**
- 4. Practice self-care**

Resources

**Webcase on Trauma Informed Practices,
Trauma in the Workplace, and Trauma-
Informed Supervision**

<https://www.dhs.wisconsin.gov/resilient/trauma-informed-practices.htm>

Suicide and Crisis Lifeline

**If you or someone you know is struggling or in crisis,
help is available. Call or text 988, or chat
988lifeline.org to reach the 988 Suicide & Crisis
Lifeline.**

Important Numbers

- **Call 911 if the crisis is a life-threatening emergency. Make sure to notify the operator that it is a psychiatric emergency and ask for an officer trained in crisis intervention or trained to assist people experiencing a psychiatric emergency.**
- **National Suicide Prevention Lifeline – Call 800-273-TALK (8255) to speak with a trained crisis counselor.**
- **Crisis Text Line – Text NAMI to 741-741 to connect with a trained crisis counselor to receive crisis support via text message.**
- **National Domestic Violence Hotline – Call 800-799-SAFE (7233) to speak with trained experts who provide confidential support to anyone experiencing domestic violence or seeking resources and information.**
- **National Sexual Assault Hotline – Call 800-656-HOPE (4673) to connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is also available at Online Hotline.**

Sources

Resilient Wisconsin

<https://www.dhs.wisconsin.gov/resilient/index.htm>

**National Alliance On Mental Illness
(NAMI.org)**