

VICKS IT TO FIX IT!

How to support an individual in distress

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Norco College

What is Mental *Health?*

Refers to our emotional, psychological state, and our social well-being

How we feel about ourselves and interact with others

How we cope and deal with life situations



What is Mental *Illness?*

Refers to a wide range of disorders

- Anxiety
- Depression
- Bipolar
- Schizophrenia



Mental Health Spectrum

WHEN MENTAL HEALTH IS COMPROMISED



Physical

Cognitive

Emotional

Behavioral



VICKS

Validate

Identify

Connect/Care

Knowledge of resources

Support/ Self-care

VICKS

Validate

- You are going through a lot right now. Thank you for sharing.

Identify

- I'm noticing these challenges are impacting you.

Connect/Care

- I'm here to support you and I want you to be successful.

Knowledge of resources

- I would like to share some useful resources.

Support/ Self-care

- Can I check in with you? After helping , please take time to re-energize.

Validate

Experiences

Feelings

Thoughts

Challenges

Physical (somatic) Symptoms

Words to use when validating

- That's difficult ; that's tough
- It makes sense that you feel that way
- I hear you
- It's okay to feel that way
- That must be hard
- It's a tough time
- It's okay to havethoughts, feelings, behaviors

Identify

General needs

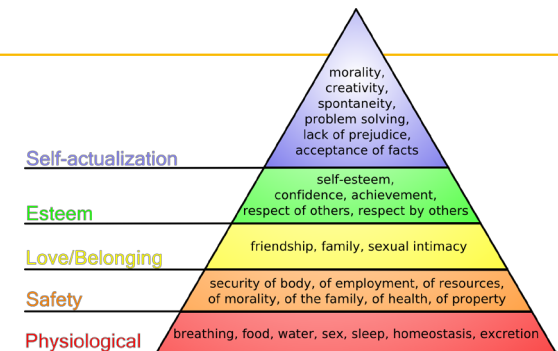
Risk factors

Traumas

Predisposition to behavioral health challenges

Treatment needs

Strengths



Care and Connect

Empathy

- Observing the situation nonjudgementally

Compassion

- Kindness and grace

Setting boundaries

- It's okay to say "no" and to say "yes"

Knowledge

Resources

- Campus supports, natural supports, family, spiritual practices, etc.

Protective factors

- Engaged in school

Strengths

- Help seeking; awareness; ask student to identify their own options

Knowledge about Resources



CARE Network

Suicide Prevention Lifeline

- 988

Helpline

- 951-686-4357

Crisis TextLine

- Text " Hope" to 741-741

Trevor Project

- "Start" to 678-678

Support and Self-care



IT'S **NOT**
ABOUT
THE
NAIL



Self-care

ICONNECTYOU PASSCODE: 232913
HELPLINE: (888) 993-7650
WEBSITE: www.deeroakseap.com
WEBSITE USERNAME/PASSWORD: RCCD
Email: eap@deeroaks.com



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Contact
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