



ISSUE 1 • SPRING 2024

THE MINDFUL MONTY

Ben Clark Training Center Suicide Prevention Newsletter

Introducing The Mindful Monty

The Mindful Monty will provide suicide prevention resources and information. First responder students experience unique stressors and traumas that increase the likelihood of suicidal thoughts. We want to work together to stop suicide and prevent suffering in silence.

“Perish the thoughts
before they perish you.”

- Man Therapy

You may find useful tips at Man Therapy, a site that provides information and resources focused on serving the unique mental health needs of men.

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Why is suicide prevention important for first responders?

First responders may have a higher risk of suicide due to the conditions in which they work, their culture, and the stress they face on a daily basis. This stress can be chronic (an accumulation of stress over time) or acute (related to a single incident). First responders who experience occupational stress are more likely to experience mental health problems such as hopelessness, anxiety, depression, and post-traumatic stress disorder. They are also more likely to engage in suicidal behaviors including suicidal ideation.

- Centers for Disease Control and Prevention

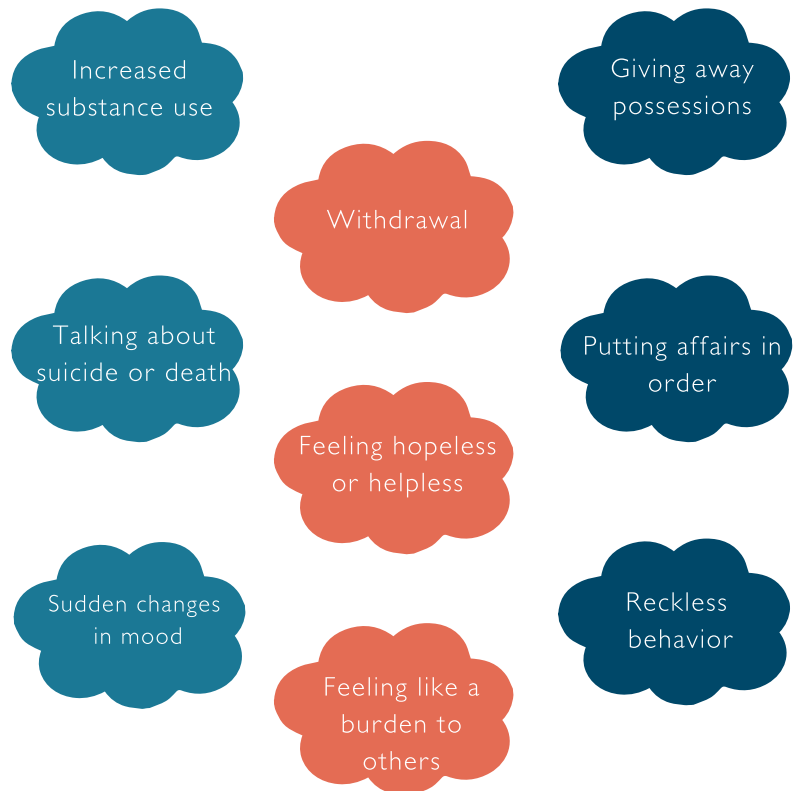
Warning Signs of Suicide

WHAT TO LOOK OUT FOR IN YOURSELF AND THOSE AROUND YOU

Most people who are experiencing thoughts of suicide will show signs that they are suicidal. We may notice these signs in their interactions or in their appearance.

If you observe a warning sign in someone you know, it is important to check in with the person and ask about the change you noticed, especially if the behavior is new or has gotten worse.

Keep in mind, warning signs will look different depending on characteristics like age, gender, and culture. If you notice signs, have a conversation and connect them to help.



Visit suicideispreventable.org or scan the QR code for more information.



First Responder Resources



Scan to access
Peer Support
Resources (NAMI)

Peer Support

- **Safe Call Now:** (206) 459-3020.
- **Next Rung:** Text "SUPPORT" to (833) NXT-RUNG (833-698-7864)

Mental Health and Wellness Apps:

- [Crew Care](#)
- [Responder Strong](#)
- [Mindfulness Coach](#)



Suicide Prevention Resources

National Resources

- Suicide and Crisis Lifeline: 988
- Crisis Text Line: 741-741
- Trevor Project LGBTQ+
- Hotline: (866) 488-7386
- Text 'START' to 678678.

Local Resources

- Inland SoCal HELPLine: (951) 686-4357
- Mental Health Urgent Care:
 - Riverside: (951) 509-2499 (ages 18+)
 - Perris: (951) 349-4195 (ages 13+)
 - Palm Springs: (442) 268-7000 (13+)

If you or someone you know is experiencing a crisis or suicidal thoughts:

- Visit an on-site therapist at the Ben Clark Education Center School of Public Safety Building, Monday through Wednesday, 8 am - 4 pm
- Access the [Wellness Center](#) on the MVC main campus.
- Provide and call the crisis resources listed above.



Know the Signs
training registration



Riverside County SPC
training registration

Daily Wellness Groups

The MVC Wellness Center offers virtual Wellness Groups every day at 9 am, 11 am, and Monday through Thursday at 5:30 pm.

Contact Us

wellness@mvc.edu
(951) 571-6103
PSC 6 (Main Campus)

[Explore activities and support groups](#)
or scan the QR code to learn more.



The SAFE Team is here to support you if you have concerns about a student's behavior. Please fill out a [Concerning Student Behavior Referral Form](#).