

ISSUE 1 • SPRING 2024

THE MINDFUL MONTY

Moreno Valley College Suicide Prevention Newsletter

Introducing The Mindful Monty

The Mindful Monty provides suicide prevention resources and information.

College 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.

“Asking for help isn’t a sign of weakness; it’s a sign of strength.”

Barak Obama



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Why is suicide prevention important for college students?

As many are taking the next step in their life by going to college, there is much excitement that may be within them and suicide may be the furthest thing on their mind. However, being a college student can be stressful. This stress that college students feel can often bring up many different emotions such as happiness, frustration, and sadness. College students may also experience mental health challenges. Mental health challenges such as depression, anxiety, and suicidal thoughts often first appear between the ages of 18 to 24.

When noticing any negative emotions in yourself or in others, it is important to validate them and ask for help when needed. By learning how to recognize the warning signs of mental health challenges and learning how to help, such as how to talk to those around you, practice self-care, manage emotions, and accessing help, you can work toward overcoming those suicidal thoughts.

Suicide Prevention Resource Center
National Alliance on Mental Illness

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 the [Seize the Awkward](#) or [Know the Signs](#) websites for more information, or scan the QR codes.





MVC Trainings and Presentations

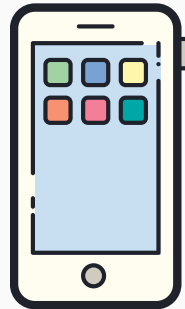
- Know The Signs - [Register online](#) or scan the QR code (monthly)

Riverside County Suicide Prevention Coalition

- Trainings and presentations: [Register online](#) or scan the QR code

Free Mental Health and Wellness Apps

- **MY3** - Free app that allows you to create a network you can reach out to when you are feeling suicidal.
- **Relax with Andrew Johnson Lite** - Guided meditations to help reduce stress and promote sleep.
- **MindShift** - teaches relaxation skills and helps reframe anxious thoughts.



Suicide Prevention Resources

National Resources

- Suicide and Crisis Lifeline: 988
- Crisis Text Line: 741-741
- Trevor Project LGBTQ+
 - Hotline: (866) 488-7386
 - Text line: 'START' to 678-678.

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 (ages 13+)

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

- Visit a therapist on site at the Health Center in PSC 6
 - Monday - Thursday 8 am - 4 pm
 - Friday 8 am - Noon
- Call the crisis resources listed above.

College Student Resources



Know the Signs
training registration

Timely Care

MVC students can access 24/7 health and wellness information and support with TimelyCare



Daily Wellness Groups

The MVC Health Center offers virtual Wellness Groups every day at:

9 am
11 am
M-Th 5:30 pm

(951) 571-6103
PSC 6

[Register online](#) or scan the QR code



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](#).