2015-2016 Risk Management Series
Mental Health Toolkit
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is Mental Health</td>
<td>3</td>
</tr>
<tr>
<td>Mental Health Myths &amp; Facts</td>
<td>3</td>
</tr>
<tr>
<td>Recognizing Common Stressors &amp; Signs of Distress</td>
<td>4</td>
</tr>
<tr>
<td>Recognizing Signs of Stress &amp; Anxiety</td>
<td>5</td>
</tr>
<tr>
<td>Tips to Manage Stress &amp; Anxiety</td>
<td>6</td>
</tr>
<tr>
<td>Fitness Tips: Stay Healthy &amp; Manage Stress</td>
<td>6</td>
</tr>
<tr>
<td>Recognizing Signs of Depression</td>
<td>7</td>
</tr>
<tr>
<td>Recognizing Signs of an Eating Disorder</td>
<td>9</td>
</tr>
<tr>
<td>Preparing to Talk an Individual with Mental Health Issues</td>
<td>10</td>
</tr>
<tr>
<td>Mental Health Resources at CAPS</td>
<td>10</td>
</tr>
<tr>
<td>What Happens When You Visit CAPS</td>
<td>11</td>
</tr>
<tr>
<td>Get Involved: ActiveMinds</td>
<td>12</td>
</tr>
<tr>
<td>When In Doubt, Call 911 or Consult with CAPS (402.472.7450)</td>
<td>13</td>
</tr>
<tr>
<td>Resources</td>
<td>14</td>
</tr>
</tbody>
</table>
What is Mental Health?

Researchers suggest that there are indicators of mental health, representing three domains. These include the following:

- **Emotional well-being**
  - Such as perceived life satisfaction, happiness, cheerfulness, peacefulness.

- **Psychological well-being**
  - Such as self-acceptance, personal growth including openness to new experiences, optimism, hopefulness, purpose in life, control of one’s environment, spirituality, self-direction, and positive relationships.

- **Social well-being**
  - Social acceptance, beliefs in the potential of people and society as a whole, personal self-worth and usefulness to society, sense of community.

Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions.

Anxiety and depression are the most common problems, with around 1 in 10 people affected at any one time. Anxiety and depression can be severe and long-lasting and have a big impact on people’s ability to get on with life.

Mental Health Myths & Facts

**Myth:** Mental health problems are very rare.
**Fact:** 1 in 4 people will experience a mental health problem in any given year.

**Myth:** People with mental illness aren’t able to work.
**Fact:** We probably all work with someone experiencing a mental health problem.

**Myth:** Young people just go through ups and downs as part of puberty, it’s nothing.
**Fact:** 1 in 10 young people will experience a mental health problem.

**Myth:** People with mental health illnesses are usually violent and unpredictable.
**Fact:** People with a mental illness are more likely to be a victim of violence.

**Myth:** It’s easy for young people to talk to friends about their feelings.
**Fact:** Nearly three in four young people fear the reactions of friends when they talk about their mental health problems.
Recognizing Common Stressors & Signs of Distress

College students today often experience considerable personal and school-related stress. In addition to the pressure to achieve and work out a path to professional success, students must cope with a variety of personal stressors and pressures. Many of these personal stresses are age-related developmental factors, some are situational and some are psychological.

In an attempt to juggle the demands of college and their personal lives, student sometimes act out aggressively or self-destructively. Strong feelings of anger, depression and anxiety are common. Sometimes just one added situation or stressor can precipitate a crisis.

Studies indicate that in a group of 100 college students with equal numbers of men and women at least:

- 25 students will have divorced parents
- 15 students will have a substance-abusing parent
- 10 students will themselves have a substance abuse problem
- 15 female students will be victims of rape or sexual abuse
- 6 female students will have an eating disorder
- 4 male students will be victims of sexual abuse
- 3 female students will become pregnant during their college years

Other common stressors that students experience include:

- Isolation and loneliness
- Death of a loved one
- Break-up of an intimate relationship
- Serious illness
- Perceived rejection by family
- Academic pressure or failure
- Identity confusion
- Cultural oppression/discrimination
- Low motivation or inability to establish goals
- Outside work pressures
- Parenting responsibility

Signs of possible distress:

- Decreased motivation/concentration
- Increased irritability or anxiety
- Exaggerated emotional response that is inappropriate to the situation
- Increased isolation or sadness
- Hyperactivity or very rapid speech
- Marked change in personal hygiene, including weight loss or gain
- Excessive confusion
- Bizarre or erratic behavior
- References to suicide (e.g., feelings of helplessness or hopelessness)
- References to homicide or assault
Recognizing Signs of Stress & Anxiety

What is Stress?
Feeling stressed is normal, it helps motivate us and even helps protect us. However, feeling too much stress is not healthy. If you start feeling stressed out on a regular basis, this could lead to greater health problems, and could negatively interfere with your relationships and everyday life. More than half of Georgetown undergraduates reported (National College Health Assessment 2012) feeling higher than average levels of stress.
Common causes of stress:
- Common external causes of stress include: major life changes, work, relationship difficulties, financial problems, being too busy, and family
- Common internal causes of stress include: inability to accept uncertainty, pessimism, negative self-talk, unrealistic expectations, perfectionism, and lack of assertiveness

What is Anxiety?
Anxiety helps us get out of harm’s way and prepare for important events, and it warns us when we need to take action. But you may experience anxiety that is persistent, seemingly uncontrollable, and overwhelming. If it’s an excessive, irrational dread of everyday situations, it can be disabling. When anxiety interferes with daily activities, you may have an anxiety disorder.

Everyday Anxiety or an Anxiety Disorder?

<table>
<thead>
<tr>
<th>Everyday Anxiety</th>
<th>Anxiety Disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worry about paying bills, landing a job, a romantic breakup, or other important life events</td>
<td>Constant and unsubstantiated worry that causes significant distress and interferes with daily life</td>
</tr>
<tr>
<td>Embarrassment or self-consciousness in an uncomfortable or awkward social situation</td>
<td>Avoiding social situations for fear of being judged, embarrassed, or humiliated</td>
</tr>
<tr>
<td>A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event</td>
<td>Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one</td>
</tr>
<tr>
<td>Realistic fear of a dangerous object, place, or situation</td>
<td>Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger</td>
</tr>
<tr>
<td>Anxiety, sadness, or difficulty sleeping immediately after a traumatic event</td>
<td>Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before</td>
</tr>
</tbody>
</table>

Researchers are learning that anxiety disorders run in families, and that they have a biological basis, much like allergies or diabetes and other disorders. Anxiety disorders may develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.
Tips to Manage Stress & Anxiety

When you’re feeling anxious or stressed, these strategies will help you cope:

- **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals.** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- **Limit alcohol and caffeine,** which can aggravate anxiety and trigger panic attacks.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Exercise daily** to help you feel good and maintain your health. Check out the fitness tips below.
- **Take deep breaths.** Inhale and exhale slowly.
- **Count to 10 slowly.** Repeat, and count to 20 if necessary.
- **Do your best.** Instead of aiming for perfection, which isn’t possible, be proud of however close you get.
- **Accept that you cannot control everything.** Put your stress in perspective: Is it really as bad as you think?
- **Welcome humor.** A good laugh goes a long way.
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- **Learn what triggers your anxiety.** Is it work, family, school, or something else you can identify? Write in a journal when you’re feeling stressed or anxious, and look for a pattern.
- **Talk to someone.** Tell friends and family you’re feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

Fitness Tips: Stay Healthy & Manage Stress

For the biggest benefits of exercise, try to include at least 2 1/2 hours of moderate-intensity physical activity (e.g. brisk walking) each week, 1 1/4 hours of a vigorous-intensity activity (such as jogging or swimming laps), or a combination of the two.

- **5 X 30:** Jog, walk, bike, or dance three to five times a week for 30 minutes.
- **Set small daily goals** and aim for daily consistency rather than perfect workouts. It’s better to walk every day for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon. Lots of scientific data suggests that frequency is most important.
- **Find forms of exercise** that are fun or enjoyable. Extroverted people often like classes and group activities. People who are more introverted often prefer solo pursuits.
- **Distract yourself** with an iPod or other portable media player to download audiobooks, podcasts, or music. Many people find it’s more fun to exercise while listening to something they enjoy.
- **Recruit an “exercise buddy.”** It’s often easier to stick to your exercise routine when you have to stay committed to a friend, partner, or colleague.
- **Be patient** when you start a new exercise program. Most sedentary people require about four to eight weeks to feel coordinated and sufficiently in shape so that exercise feels easier.
Recognizing Signs of Depression

What is Depression?
Depression is different from normal sadness in that it interferes with your day to day life - your ability to work, study, eat, sleep, or have fun. Some depressed people don’t feel sad but may feel empty, angry, aggressive, restless or apathetic.

Depression comes in many forms:
• **Major depression**: characterized by the inability to enjoy life and experience pleasure. Left untreated, it typically lasts 6 months. It is common for major depression to be a recurring disorder.
• **Dysthymia**: a type of chronic “low-grade” depression. More days than not, you feel mildly depressed, although you may have brief periods of a normal mood. These symptoms last for around two years.
• **Seasonal Affective Disorder (SAD)**: characterized by feelings of depression that are more prominent during the fall or winter when overcast days are frequent and sunlight is limited.
• **Bipolar Disorder**: Though there are two different kinds of Bipolar disorder (I and II), both are generally characterized by cycling mood changes. Episodes of depression alternate with manic episodes, which can include impulsive behavior, hyperactivity, rapid speech, and little to no sleep. Typically, the switch from one mood extreme to the other is gradual.

Common Causes and Risk Factors for Depression:
• Loneliness
• Lack of social support
• Recent stressful life experiences
• Family history of depression
• Marital or relationship problems
• Financial strain
• Early childhood trauma or abuse
• Alcohol or drug abuse
• Unemployment or underemployment
• Health problems or chronic pain

Signs & Symptoms:
• Feelings of helplessness and hopelessness
• Loss of interest in daily activities
• Appetite or weight changes
• Sleep changes
• Anger or irritability
• Loss of energy
• Self-loathing
• Reckless behavior
• Concentration problems
• Unexplained aches and pains
Warning Signs of Suicide with Depression

- A sudden switch from being very sad to being very calm or appearing to be happy
- Talking or thinking about death
- Making comments about being hopeless, helpless, or worthless
- Saying things like "It would be better if I wasn't here" or "I want out"
- Clinical depression (deep sadness, loss of interest, trouble sleeping and eating) that gets worse
- Having a "death wish" or tempting fate by taking risks that could lead to death, such as driving through red lights
- Losing interest in things one used to care about
- Putting affairs in order, tying up loose ends, or changing a will
- Talking about suicide

What Should I Do?

Prevention: It is important to seek help through a friend or a counselor if you feel depressed. A counselor can offer you ways to cope as well as prescribe any treatments that he or she sees fit. Depression carries a high risk of suicide. Anyone who expresses suicidal thoughts or intentions should be taken very, very seriously.

Treatment: People who suffer from depression cannot just “pull themselves together” and get better—they need treatment. The good news is depression is among the most treatable of mental disorders. Treatment usually involves cognitive behavior therapy, antidepressant medication, or a combination of the two.

- Cognitive behavior therapy: Cognitive behavior therapy can help you to identify unhealthy, negative beliefs and behaviors and replace them with healthy, positive ones.
- Antidepressants: Antidepressants include many types of antidepressants and other mood stabilizers. They can help lift one’s mood and ease the feelings of sadness and hopelessness.

You’ll need to work with your doctor to find the depression treatment that is most effective with the fewest side effects. The CAPS office on-campus is a great place to get started. A counselor can help diagnose your condition and help facilitate treatment.
Recognizing Signs of an Eating Disorders

Eating disorders comprise a group of disorders including Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. In addition, the term Eating Disorder Not Otherwise Specified is used when someone experiences disordered eating and concern with weight and shape that causes problems in their school, work, or social functioning, but does not meet criteria for one of the other eating disorders. For example, an individual may eat small amounts of food and then purge (called Purging Disorder, it is currently being studied whether this pattern of behavior is a separate eating disorder). In addition, many individuals who do not have fully developed eating disorders experience disordered eating that may be a cause for concern.

Warning signs of an eating disorder include the following:

- Intense preoccupation with body size, weight, shape, or food and eating
- Counting calories and fat grams at every meal
- Weighing oneself very frequently
- Extreme fluctuations in weight
- Secretive eating
- Intense fear of becoming fat
- Strict rules surrounding food intake, such as having certain foods that are off limits, in order to alter shape or weight (not due to allergies or other medical considerations)
- Binge eating and/or a sense of loss of control over one’s food intake
- Purging
- Self-induced vomiting
- Use of diet pills, laxatives, or diuretics to alter shape or weight
- Excessive exercising, exercising despite injury, or giving up other commitments (going to class) to exercise

If you are concerned about a friend or relative that you suspect may be struggling with an eating disorder, you are already doing a great thing by looking for information. Below is a link that give helpful advice on what to do if you suspect someone you care about may have an eating disorder. In addition, if you are a UNL student, you may set up an appointment with a counselor at CAPS (402) 472-7450 for additional advice and support

http://www.nationaleatingdisorders.org/

HOPE (Healthy Outlook Peer Educators) is a student group that promotes healthy living by reaching out to UNL students, family, faculty, staff, alumni, and community members. We are committed to creating a positive and empowering dialogue about food, exercise, body, and spirit. Our promotions include posters, booths in the Union, local presentations, special events throughout the year, and meetings every other Thursday at 5pm.
Preparing to Talk an Individual with Mental Health Issues

In any of these situation your calmness, your willingness to help, and your knowledge of whom to call is important. You may choose to approach the individual or the individual may seek your help with a problem. Below are some suggestions which might be helpful:

- Demonstrate your respect for the individual by talking to the individual when both of you have sufficient time and are in a private place free from disturbance by others.
- Give the individual your undivided attention.
- Express concern for the student in clear, direct, behavioral, non-judgmental terms (e.g., “I’ve noticed you’ve been absent from class lately and I’m concerned,” rather than “Why haven’t you been in class?” or “Where have you been lately?”).
- Listen in a respectful, non-threatening way to the individual’s description of the problems. Let them talk!
- Convey support and understanding by summarizing what you hear them saying by including both content and feelings (“It sounds as if the experience of moving away from home was a big change and now you’re feeling lonely and isolated.”)

Mental Health Resources at CAPS

UNL Counseling and Psychological Services (CAPS) | (402) 472-7450 health.unl.edu/caps M-F 8am-5pm. Call for a 10-15 minute initial phone appointment.

LGBTQA Resource Center Liaison | Dr. Scott Winrow swinrow2@unl.edu

UNL Counseling and School Psychology Clinic: | (402) 472-1152 Offering affordable, confidential counseling for students and community members.

UNL Psychological Consultation Center (PCC) | (402) 472-2351 Offering affordable, confidential counseling for students and community members.

UNL Women’s Center | (402) 472-9428 Offering affordable, confidential counseling for women and men students. Call the counseling coordinator for more information or to schedule an appointment.

What We Help With:
- Anxiety and Depression
- Drug and Alcohol Counseling
- Relationship Difficulties
- Eating Disorders
- Sexuality Concerns
- Communication Skills
- Homesickness
- Time Management
- Learning Disabilities / ADD
- Diversity Concerns
- Grief and Trauma
- Social Justice Issues
- Other Personal Concerns
Support and Therapy Groups:
- Work through personal issues in a group setting
- Understand themselves and how others experience you
- Receive support from other students experiencing the same issues

Online Mental Health Screening:
Mental health is a key part of your overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional - they are a checkup from your neck up. This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.

Eating Disorders Treatment Team
Eating disorders are treatable and most individuals do recover. However, recovery can be a process which takes months or years. A large factor in recovery is your motivation to make positive changes in your life. UNL’s Counseling and Psychological Services (CAPS) seeks to foster the emotional and physical well-being of students.

What Happens When You Visit CAPS

The first three counseling sessions are at no cost. Psychiatric appointments are provided at a discounted rate. Students should be encouraged to make their own appointments by calling 472-7450, or stopping by the University Health Center, Room 213, during office hours. The typical first contact with CAPS staff will be a 10-15 minute call with a CAPS clinician to discuss the needs of the client. Depending on the appointment schedule, there may be a wait for several hours to several days before an initial appointment can be arranged. In emergency situations, however, a student will be seen immediately. At the student’s first appointment, he/she will fill out confidential information forms before meeting with a counselor. During this appointment, the counselor will assess the student’s concerns and needs. Communication with CAPS is confidential. A student’s situation, or even the fact that counseling is being received at CAPS, may not be shared without the student’s written permission. The main exceptions to this are imminent suicide, homicide or suspected child/elder abuse.

If the counselor and student agree that individual counseling is appropriate, the student may choose to see a counselor on a regular basis, usually weekly for approximately 50 minutes each session. Other service options include couple or group counseling, stress management, eating disorder program, biofeedback training, or referral to another campus or community agency. It is possible that the student may leave the initial appointment feeling able to handle the problem on his/her own. CAPS has no authority to require a student to accept any suggestions that are made unless professional judgment indicates that psychiatric hospitalization is mandatory.
Get Involved: ActiveMinds

ActiveMinds at UNL is a new RSO dedicated to bringing the discussion about mental health to the University of Nebraska-Lincoln Campus.

Active Minds is a non-profit organization dedicated to reducing the stigma that surrounds mental health. With over 400 student-led chapters across North America, Active Minds is the only organization working to utilize the student voice to change the conversation about mental health on college campuses.

By developing and supporting student-run mental health advocacy groups on college campuses, Active Minds is increasing students’ awareness of mental health issues; providing information and resources regarding mental illness; and bridging the gap between students and mental health professionals.

Our chapter is dedicated to changing the conversation about mental health to make sure that no one suffers alone in silence.

Email: activemindsnebraska@gmail.com
Facebook: www.facebook.com/ActiveMindsAtUNL
Website: www.activeminds.org
When In Doubt, Call 911 or Consult with CAPS (402.472.7450)

<table>
<thead>
<tr>
<th>IF THE INDIVIDUAL:</th>
<th>TAKE IMMEDIATE ACTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Threatens the safety of self or others</td>
<td>UNL Police Department</td>
</tr>
<tr>
<td>• Acts in a frightening or threatening manner</td>
<td>Campus Phone: 2-2222</td>
</tr>
<tr>
<td>• Refuses to leave the classroom after being asked to leave</td>
<td>Cell Phone: 402-472-2222</td>
</tr>
<tr>
<td>• Reporting or initiating a threat or bomb scare</td>
<td></td>
</tr>
<tr>
<td>• Acts significantly out of character</td>
<td>UNL Police Department</td>
</tr>
<tr>
<td>• Acts peculiar and this is cause for alarm</td>
<td>402-472-2222</td>
</tr>
<tr>
<td>• Displays unhealthy or dangerous patterns of behavior</td>
<td></td>
</tr>
<tr>
<td>• Indicates loss of touch with reality</td>
<td>Counseling and Psychological Services (CAPS)</td>
</tr>
<tr>
<td>• Reflects suicidal thoughts or actions, depression, hopelessness, anxiety or difficulty dealing with grief</td>
<td>402-472-7450</td>
</tr>
<tr>
<td></td>
<td>402-219-8050 (after hours)</td>
</tr>
<tr>
<td>• Indicates having been a victim of a stalking, hazing, or other crime</td>
<td>Victim Advocate Violence Prevention</td>
</tr>
<tr>
<td>• Reports sexual assault or relationship violence</td>
<td>Voices of Hope 24 Hour Crisis Line</td>
</tr>
<tr>
<td></td>
<td>402-472-0203</td>
</tr>
<tr>
<td></td>
<td>402-475-7273</td>
</tr>
<tr>
<td>• Is not attending class for an extended period of time</td>
<td>Office of the Dean of Students</td>
</tr>
<tr>
<td>• Seem overwhelmed by a problem that could affect university attendance or persistence</td>
<td>402-472-2021</td>
</tr>
<tr>
<td>• Exhibits behavior that substantially impairs, interferes, or obstructs orderly processes and functions of the university</td>
<td></td>
</tr>
<tr>
<td>• Exhibits behavior that deliberately interferes with instruction or office procedures</td>
<td></td>
</tr>
<tr>
<td>• Exhibits behavior that is lewd or indecent or breaches the peace</td>
<td></td>
</tr>
<tr>
<td>• Reflects debilitating feeling or overwhelmed by a family or personal emergency</td>
<td></td>
</tr>
<tr>
<td>• Is having academic difficulty due to physical, psychological or learning disability</td>
<td>Services for Students with Disabilities</td>
</tr>
<tr>
<td>• Indicates a need for disability accommodations</td>
<td>402-472-3787</td>
</tr>
<tr>
<td>• Is having academic difficulty due to medical concerns/illness</td>
<td>University Health Center Medical Clinic</td>
</tr>
<tr>
<td>• Struggling to attend classes or complete assignments due to medical issues</td>
<td>402-472-5000</td>
</tr>
<tr>
<td>• Indicates experiencing hate crimes, bias, discrimination or harassment</td>
<td>Office of Equity, Access &amp; Diversity (Bias Response Team)</td>
</tr>
<tr>
<td></td>
<td>402-472-3417</td>
</tr>
</tbody>
</table>
http://health.unl.edu/caps
http://www.adaa.org/
https://studenthealth.georgetown.edu/health-issues/stress-anxiety-depression/depression
http://www.activeminds.org/
www.facebook.com/ActiveMindsAtUNL