

90-Seconds of IMPACT - Mental Health Awareness

MENTAL HEALTH RELATED SERVICE:

There are many virtual service opportunities that can be utilized during this time. For anyone that needs to reach out and talk to someone about things they might be struggling with, they can text the crisis text line, Text KIND to 741741 to get connected. Volunteers are needed to respond on the other end. Training is required, but this is a great opportunity for social work or psychology students or others interested in mental health counseling.

- Crisis Text Line: <https://www.crisistextline.org/become-a-volunteer/> - requires training

The second service opportunity is through Compeer Niagara, which is a volunteer-based program that serves adults and children who have mental health diagnosis and limited social support. The goal of this program is to pair individuals to a volunteer who has similar interests and participate in a mentorship program. During this time of quarantine, volunteers are strictly using an over-the-phone experience with their matched friend. This outside connection can brighten your matched friend's day as well as yours as you are building a friendship.

- Compeer Niagara: <https://www.mhanc.com/cmsAdmin/uploads/compeer-volunteer-application-7-2019-pdf>

BRIGHTEN SOMEONE'S DAY:

As well as getting involved in service opportunities, we want you to Brighten someone's day! Since most people are inside of their houses for days on end, it has surfaced that communities are putting items in their windows to show their unity. For example, our IMPACT director, Tom Lowe has a mural of hearts in his home's windows to spread positivity. Others have painted rainbows or put teddy bears in windows.



- Rainbows: <https://newyork.cbslocal.com/2020/03/24/coronavirus-outbreak-kids-paint-rainbows/>
- Singing from Windows: <https://www.nytimes.com/2020/03/23/us/coronavirus-window-singalong.html>

YOU ROCK GARDEN:

In the Niagara Falls community, there has been a YouRock garden at Mount St. Mary's Hospital, where volunteers painted rocks of encouragement for hospital workers. It is so simple of how you can brighten someone's day in these trying times.

You Rock Garden: https://www.google.com/url?q=https://www.wivb.com/news/mount-st-marys-hospital-creates-heroes-rock-rock-garden-to-share-words-of-encouragement-with-healthcare-workers/?fbclid%3DIwAR3W3NucfD6XWpOSWwKrt0Ufx-CC7-j3K7epWejk0GFswyZDhYOjAktrXJ4&sa=D&source=hangouts&ust=1586352297159000&usq=AFQjCNH_L9J2AT5z1Ka6Cj56F4SHL0psg

TAKE CARE OF YOURSELF!

As many are worried about their family, friends, and colleagues, there still needs to be an emphasis about taking care of your own mental health. New York State has made online counseling services as well and meditating services free for anyone who needs it. If you or someone you know is suffering from this situation, please utilize the resources and contact the hotlines.

Headspace is offering free meditation during this time: <https://www.headspace.com/ny>.

During a crisis. 

Prioritize your mental health.

- Take time to talk to family and friends.
- Go for a walk or a drive.
- Play a board game or put a puzzle together.
- Make a favorite family recipe.
- Write down your thoughts in a journal.
- Complete a workout challenge.



COPING STATEMENTS



I can handle this, especially if I take it one step at a time.	I am capable of doing tough things.	It's okay if I don't feel okay right now.	I've had to deal with harder things, so I know it will get easier.
Not all thoughts are true or facts.			I belong, am lovable, and matter. No matter what.
I feel sad and disappointed, and that's okay.			I'd choose something else, but I can deal with this, too.
All I need to do is the next right thing, and breathe, even if I don't know what's going to happen.	Feeling scared and anxious means I get to be more brave.	No matter how difficult it gets, I am strong enough to get through it, and come out even stronger.	This feeling is uncomfortable, but it won't last forever.