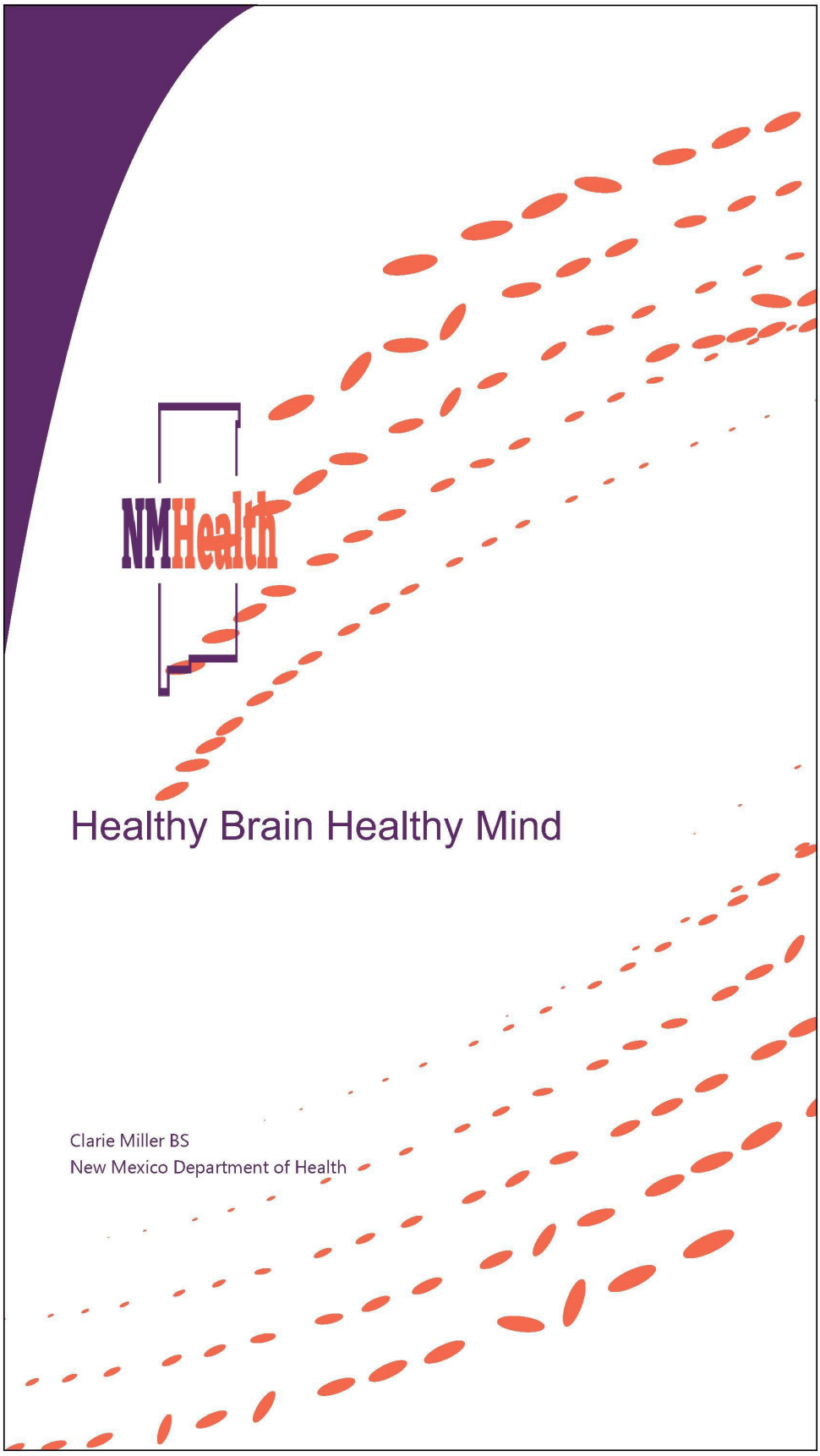


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PLTF EX
PLTF EX-03044

NMHealth

HOW DO YOU KNOW WHEN YOU'RE NOT OK?

For many people, this is not an easy topic.

Preventionists often experience compassion fatigue and may be more susceptible to the impact of suicide.

Please monitor yourself c[illegible] t help when needed.

1-855-662-7474
NM Crisis & Access Li



This s great app available to New Mexicans state wide and it is free, the app can be searched by Nmconnect. This app and operation is run by NM Crisi and Access Line. We rarely if ever have the foresight to schedule a crisis, by having this app on your phone yo uwill have both text and talk options for immediate assistance as well as support options. You also receive Monday motivators, it's a nice addition to the week. NM Connect closes the gap by engaging people with immediate access to mental health professionals and resources. After serving the state for over 7 years and fielding more than 245,000 calls and 70,000 text messages, the app will enable NMCAL to reach even more of New Mexico's 2 million+ residents. This leads me to a huge advancement in access for mental health patients and caregivers. 988

10/25/2017

Victoria Waugh-Reed 855-9835

APS Counseling Department

We Can Talk About It!

NM Health

When the world doesn't listen, be the friend who does. Many of us feel like we can't discuss our mental health for many reasons. "We can talk about it" encourages you to push past taboos and misconceptions about mental health by seizing the awkward, reaching out to a friend and checking in.



https://youtu.be/rcI2wHKbzGo?si=oj-le-ivmlF8AhA8

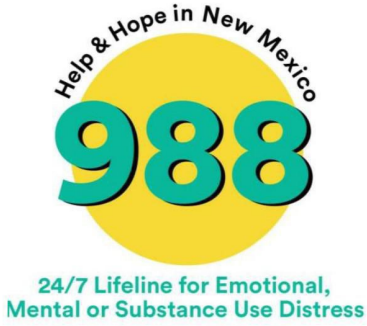
https://youtu.be/mDMyLHYsorE

Jason's Foundation

SCAN ME



NMHealth


Help & Hope in New Mexico
988
24/7 Lifeline for Emotional,
Mental or Substance Use Distress

Self Care

- Share Your Care!!



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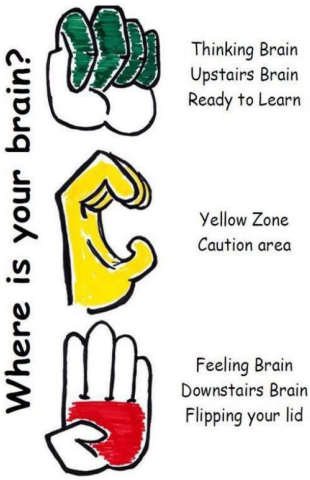
Don't Let Your Battery Get Low



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Mental Health is Brain Health





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https://youtu.be/zJqH_Ogxle0

- The Mental Health Needs of New Mexico's Youth



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June 2023

- National Council on Mental Well Being

- I feel like I am a **good person** who has a lot to offer. **77%**
- I am able to **stand up** for myself and what I believe in. **76%**
- I am **hopeful** about the future. **71%**
- I can **calm** myself down. **69%**
- Sometimes the **pressure** I feel at school and at home
- feels like too much to handle.
- **68%**
- Overall, I **like** who I am. **63%**

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Mental Health Toolbox



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https://youtu.be/PcKyBMGYWO4?si=SmB8lK1DuMZi5R89

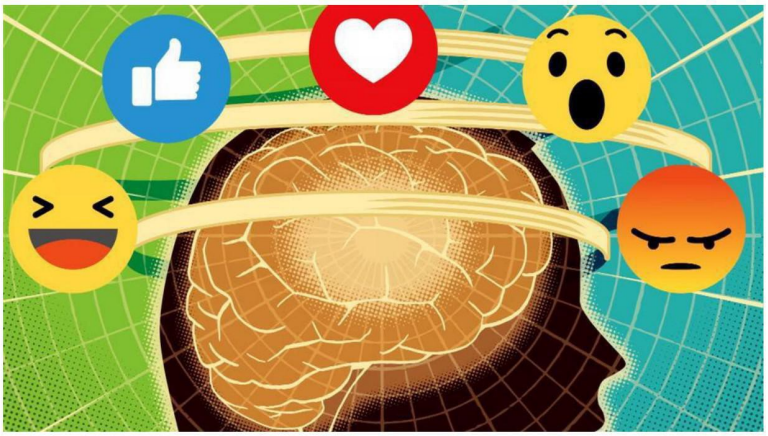
Glass of water, food, we ask, toothpaste, let's normalize mental health support

What can we control?

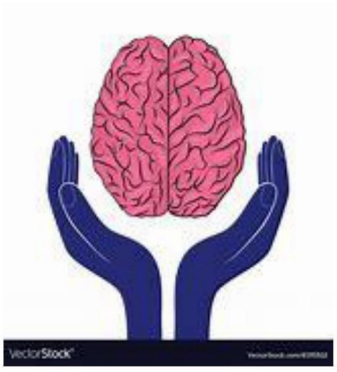


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Social Media



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Time Limits

Consider the sites you visit; if they make you feel bad, unfollow them.

Before posting, consider, would I make this comment in person?

Remember what people post, or what you see may not be an honest or their lives.

Utilize BLOCKED!

Report posts that make you worried or are hurtful.

Social Media and Youth Mental Health (hhs.gov)

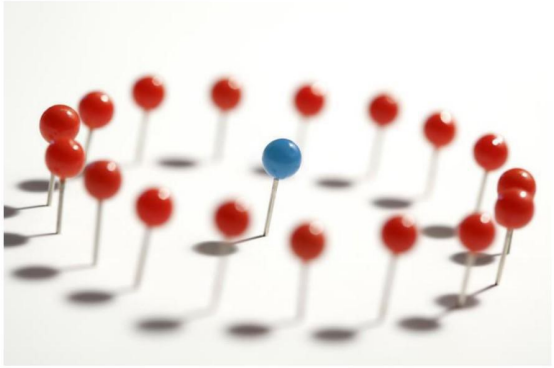
5 Ways to Brighten Someone's Day

- Stand up for someone who is being targeted or made fun of.
- Give positive feedback on someone's post about what they shared.
- Write a post about something awesome you saw at school.
- Post a compliment about someone you saw at school.
- Share a lighthearted joke.



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Bullying



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Risk and Protective Factors

- **Protective Factors**
  - Family & School Connectedness
  - Reduced Access to Firearms
  - Safe Schools
  - Academic Achievement
  - Self-Esteem
  - Problem Solving
  - Critical Thinking

- **Risk Factors**
  - Mental Illness
  - Substance Abuse
  - Firearms in the Household
  - Previous Suicide Attempts
  - Non-Suicidal Self-Injury
  - Exposure to Suicide
  - Low Self-Esteem

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Language Matters

- Saying "**The weather is unpredictable**", instead of "*the weather is bipolar*"
- Saying "**My relative has schizophrenia**", instead of "*my relative is schizophrenic*"
- Saying "**Died as a result of a self-inflicted injury**" instead of "*chose to kill themselves*"
- *Saying "**What happened to you**", instead of "What's wrong with you?"*

- ~~Completed~~ and ~~Successful~~
- Died by vs. ~~Committed~~
- ~~Threatened vs.~~ Disclosed

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Dare to Inspire Others

"Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all."

— Erik Erikson

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You are not alone



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New Mexico Wants Your Mind!



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Be Good to Each other

- **Everyone is fighting their own battles and have their coping mechanisms. Share the Love. We're all in this together!**

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