



ISSUE 2 • FALL 2024

THE MINDFUL MONTY

Ben Clark Training Center Suicide Prevention Newsletter

The Mindful Monty

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

“You can’t fix your mental health with duct tape.”

- 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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Suicide Risk and Protective Factors

There is not one singular cause for suicide. Suicide is often the result of a combination of multiple factors. As first responders, life and work difficulties can increase risk of suicide.

Risk factors are characteristics at the individual, relationship, community, or societal level that increase our risk of trying to take our own life.

Protective factors are conditions or characteristics that help counteract our risk factors and protect us from suicide.

Risk factors include:

- Substance Use
- Lack of belonging
- Personal crisis or relational challenge
- Sleep disturbance
- Suppressing emotions
- Experiencing or witnessing trauma
- Work Demand (Responsibilities/Hours)
- High levels of posttraumatic stress symptoms
- Previous Suicidal Ideation or Attempt
- Experiencing guilt over a negative work outcome

Protective factors include:

- Access to mental health care
- Reasons for living (family, friends, pets, goals, etc.)
- Support from loved ones
- Feeling connected to a community
- Cultural and/or spiritual beliefs that encourage connection, help-seeking and create a strong sense of purpose or self-esteem
- Effective coping and problem solving skills
- Debriefing a negative or traumatic experience

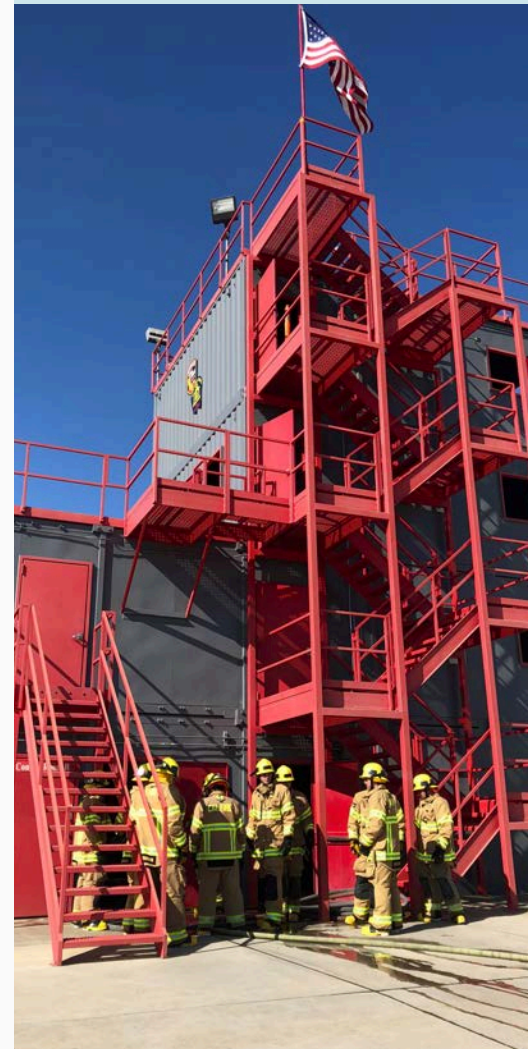
To learn more, visit [Centers for Disease Control and Prevention](#) and the [American Foundation for Suicide Prevention](#)



CDC



AFSP



First Responder Resources

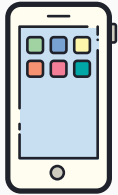


Scan to access Peer Support Resources (NAMI)

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
- MindShift



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 on Mondays, 8 am - 4 pm
- Access the Wellness Center on the MVC main campus in PSC 6.
 - Monday - Thursday 8 am - 4 pm
 - Friday 8 am - Noon
- Provide and call the crisis resources listed above.



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 Wellness Center offers virtual Wellness Groups every day at
9 am
11 am
Monday -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.