

ISSUE 4 • SPRING 2025

THE MINDFUL MONTY

Ben Clark Public Safety 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.

*"We may encounter many defeats,
but we must not be defeated."*

— Maya Angelou



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First Responder and Suicide Prevention Resources

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Emotion Regulation for First Responders

First responders are regularly exposed to work-related stressors—commonly known as occupational stressors—including lack of sleep, safety risks, heavy workloads, and physical demands. Because these challenges are inherent to their profession, it's important to investigate what factors affect how these stressors impact mental health.

According to emotion regulation theory (Gross, 1998), it's essential for individuals to have some degree of control over their emotional responses. While people may try to manage or ignore their emotions, suppressing them can worsen symptoms and potentially lead to emotional outbursts, like episodes of anger. On the other hand, becoming more aware of one's emotions and their underlying causes can support healthier emotional regulation.

Tips to Improve Emotion Regulation Skills

1. **Identify and reduce triggers:** Identifying the thoughts or situations that lead to stress or anxiety can help lessen their effect on your well-being.
2. **Notice physical cues:** Be mindful of bodily sensations like muscle tension or tiredness, as these can indicate emotional distress.
3. **Reframe your internal narrative:** Question negative assumptions by exploring other possible interpretations, rather than leaping to conclusions.
4. **Practice uplifting self-talk:** Swap out self-critical thoughts for ones that are kind and motivating to enhance your outlook.
5. **Make a choice about how to respond:** Remember that your reactions are within your control; responding with intention can build emotional strength.
6. **Seek out positive moments:** Pay attention to things that bring happiness or calm, even during tough times, to help shift your mindset.



First responders encounter a number of shared risk factors that can negatively impact their mental health, such as irregular work hours, a strong emphasis on self-reliance, and repeated exposure to traumatic and high-stress situations. Studies have connected these elements to a higher likelihood of experiencing suicidal ideation and, in some cases, suicide (Armstrong, 2014; Stuart, 2008; Violanti, 2004). Building strong emotional resilience works as a protective factor against suicide.





How to Help a Peer Using the V.I.C.K.S. Model

1 **VALIDATE**

"You are going through a lot right now. Thank you for sharing."

2 **IDENTIFY**

"I'm noticing these challenges are impacting other parts of your life, like your academics."

3 **CARE**

"I'm here for you and I want to help connect you with appropriate support".

4 **KNOWLEDGE**

"As a student, you have access to mental health therapy. Can we call or walk there together right now?"

5 **SUPPORT & SELF CARE**

Take time to reenergize after helping your peers. Schedule an appointment with a mental health therapist to discuss self-care.

V.I.C.K.S. in Action

Video on How to Help Someone in

Distress



Know the Warning Signs of Suicide

Increased
substance use

Withdrawal

Talking about
suicide or death

Feeling hopeless
or helpless

Sudden changes
in mood

Feeling like a
burden to
others



SCAN ME

Visit

suicideispreventable.org
for more information.

First Responder Resources

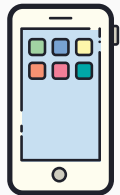


Access Peer
Support Resources
(NAMI)

Peer Support

- Safe Call Now: (206) 459-3020.
- Next Rung: call or text "SUPPORT" to 1-833-NXT-RUNG (698-7864).

Mental Health and Wellness Apps:



- Crew Care
- 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 (ages 13+)

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

- Visit an on-site therapist at the Ben Clark Training Center
Monday - Thursday 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

Suicide prevention
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
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](#)



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.