

ISSUE 4 • SPRING 2025

# THE MINDFUL MONTY

Moreno Valley College  
Student Suicide Prevention Newsletter

## The Mindful Monty

The Mindful Monty provides suicide prevention resources and information.

**College students** experience unique stressors and traumas that increase the likelihood of suicidal thoughts. We want to work together to stop suicide and prevent suffering in silence.

**“It always seems impossible until it is done”**

**-Nelson Mandela**



## In this issue

### Page 1

The Mindful Monty

### Page 2

Spring Season Risk & Protective Factors

### Page 3

How to Help a Peer Using the VICKS Model

### Page 4

Mental Health and Suicide Prevention Resources

This newsletter was developed [in part] under a grant number #1H79SM086352-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), US Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

# Caring for Your Mental Health in Spring

One reason people may experience increased mental health challenges like depression and anxiety during spring is the sense of change. While some may embrace change as an exciting opportunity, others can feel a deep sense of instability. Transitions like the shift from school to summer vacation, changes in weather, and alterations in daily routines can all lead to heightened anxiety. Spring is also a time marked by significant life events such as graduations and weddings. These milestones are often accompanied by large social gatherings and family interactions, which can also trigger anxiety. Additionally, the memories these events evoke may bring about a sense of nostalgia or sadness, potentially leading to depressive thoughts.

## Spring Risk Factors

Risk factors increase the likelihood of an individual developing a mental health issue. These can be biological, psychological, or social factors affecting the individual, their family, or their community. The more risk factors a person faces, the greater their risk for mental health challenges, suicide and other self-destructive behaviors, such as substance abuse. Some people can experience seasonal depression in spring and summer as opposed to winter. Read [this article](#) to learn more, or scan the QR code below.



Brightness and heat can lead to feelings of low energy and lack of motivation



Warm weather might cause discomfort in some people sensitive to heat

Bright, sunny days can keep your brain in a heightened state of alertness, making it harder to unwind when it's time to relax.



Seasonal allergies can leave you feeling drained. The physical exhaustion can also take a mental toll

Increase in sunlight reduces melatonin, leading to less sleep than your body requires. Insufficient sleep can intensify mental health symptoms.

## Spring Self Care & Protective Factors

Protective factors reduce the likelihood of an individual developing a mental health issue. These can be biological, psychological, or social influences within the individual, family, or community. Protective factors, which can be cultivated and strengthened to benefit individuals and communities, help decrease the risk of suicide and other self-destructive behaviors. Self Care allows individuals to practice ways to help aid their mental health.

Eat a well-balanced diet and create meal plans



Engage in outdoor hobbies, like gardening or hiking



Spend time with friends and family; this will help build your support system

Use relaxation techniques to calm your mind before bed

Refresh your space and clear away any clutter that is causing distress

Stay cool while spending time outside in the sun.



# 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

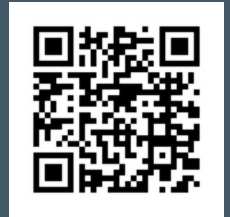
"As a student, you have access to mental health therapy. Can we call or walk there together right now?"

## 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](#)



### Check on Your Friends: Warning Signs of Suicide to Look Out For



Visit  
[suicideispreventable.org](https://suicideispreventable.org)  
for more information.

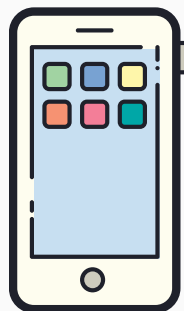


## MVC Resources and Presentations

- **Know The Signs** training - [Register online](#) or scan the QR code (training offered monthly)
- **TimelyCare** health and wellness support. [Click here](#) or scan the QR code

## Free Mental Health and Wellness Apps

- **Mindfulness Coach** - Learn how to practice mindfulness.
- **MindShift** - Teaches relaxation skills and helps reframe anxious thoughts.
- **Calm** - Guided mindfulness techniques and sleep meditations.



## Suicide Prevention Resources

### National Resources

- Suicide and Crisis Lifeline: 988
- Crisis Text Line: 741-741
- Trevor Project LGBTQ+
  - Hotline: (866) 488-7386
  - Text line: 'START' to 678-678.

### 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, you can:

- Visit a therapist on site at the Health Center in PSC 6
  - Monday - Thursday, 8 am - 4:30 pm
  - Friday, 8 am - Noon
- Call the crisis resources listed above.

## College Student Resources



**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

[Register online](#) or scan the QR code



### Contact Us:

wellness@mvc.edu  
(951) 571-6103  
PSC 6

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](#).