

The Cost of Silence

Why We Need to Talk More About Mental Health

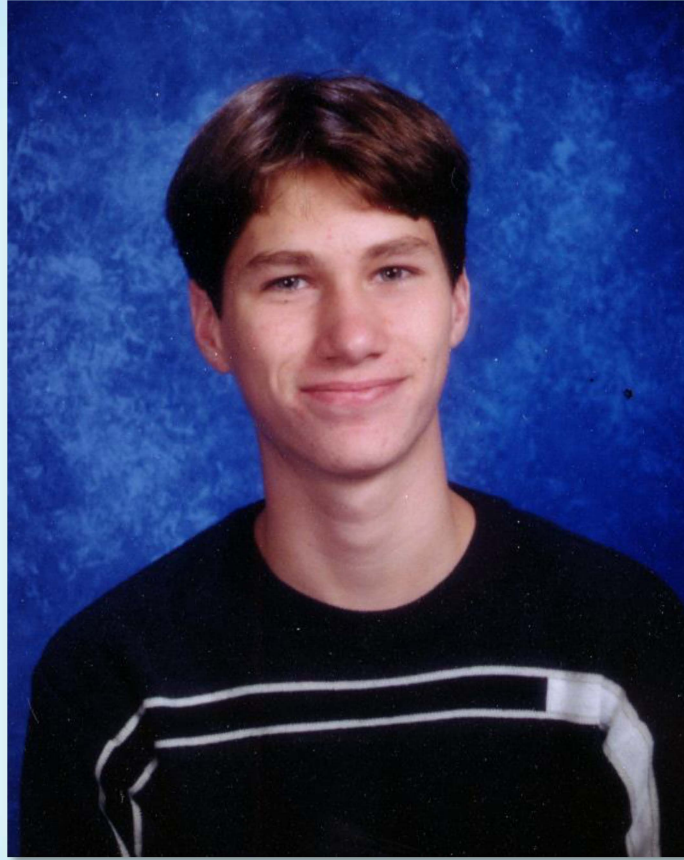
Vanita Halliburton
Executive Chairman



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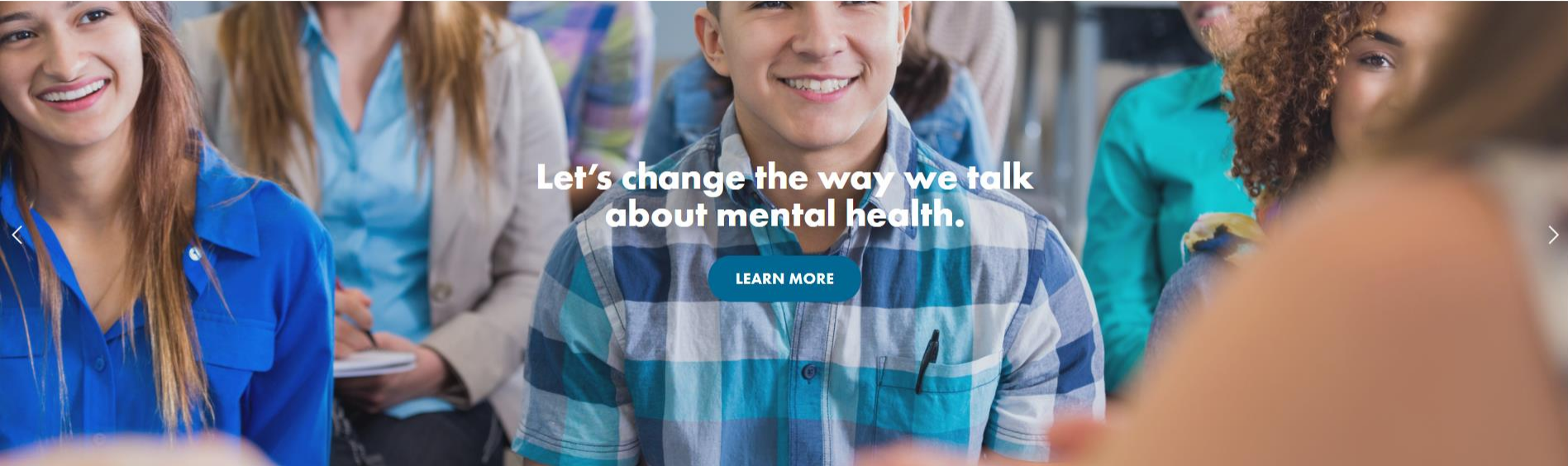
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Let's change the way we talk
about mental health.

LEARN MORE



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stig·ma

- ▶ **A mark of shame or discredit**
- ▶ **A mark of disgrace associated with a particular circumstance, quality, or person**



Communities

Where does
stigma
live?

Homes

Schools

**Places of
worship**

Families

Workplaces



Stigma is Shame.

Shame causes Silence.

Silence hurts us all.



How prevalent is mental illness?



1 in 5 people

has a diagnosable mental disorder

1 in 4 people

has symptoms of depression



How can we recognize the signs?







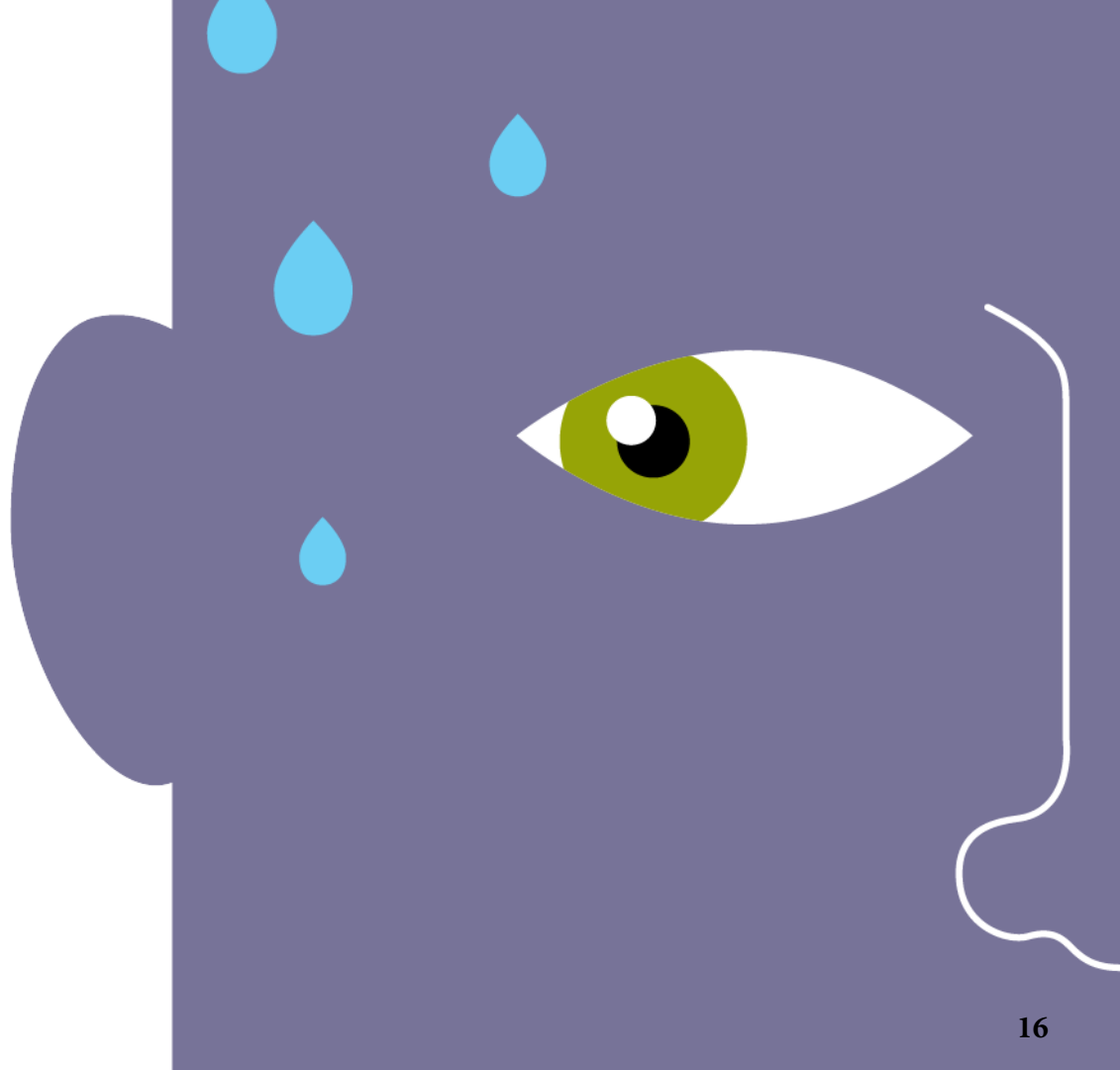
▶ **Stress**

▶ **Depression**

▶ **Suicide**



What causes stress?



What causes stress?

Adults

- ▶ Death of a loved one
- ▶ Family problems
- ▶ Separation/divorce
- ▶ Unsafe home life
- ▶ Abuse/neglect
- ▶ Financial problems
- ▶ Chronic illness or injury
- ▶ Traumatic event, such as natural disaster, theft, pandemic



What causes stress?

Youth

- ▶ Death of a loved one
- ▶ Family problems
- ▶ Separation/divorce
- ▶ Unsafe home life
- ▶ Abuse/neglect
- ▶ Family financial problems
- ▶ Chronic illness or injury
- ▶ Traumatic event, such as natural disaster, theft, pandemic
- ▶ School demands
- ▶ Too much on their plate
- ▶ Moving, changing schools, graduating
- ▶ Absent parent
- ▶ Friends / peer relationships
- ▶ Victim of bullying
- ▶ Teen dating violence
- ▶ Social media



**How do
you deal
with stress?**



Negative stress relievers

- ▶ Anger or rage toward self or others
- ▶ Bottling it up
- ▶ Substance use
- ▶ Self-injury
- ▶ Bullying / cyberbullying
- ▶ Food



Negative stress relievers

A behavior that starts as an attempt to feel more in control can end up controlling the person.



Positive stress relievers

- ▶ Push the pause button
- ▶ Connect and disconnect
- ▶ Get good rest
- ▶ Keep moving
- ▶ Speak up
- ▶ **Model positive stress relief!**



- ▶ **Stress**
#1 trigger for depression
- ▶ **Depression**
- ▶ **Suicide**



What is depression?

A treatable medical condition that involves the

- ▶ Body
- ▶ Mood
- ▶ Thoughts

and affects the way a person

- ▶ Eats
- ▶ Sleeps
- ▶ Feels about self
- ▶ Thinks about things



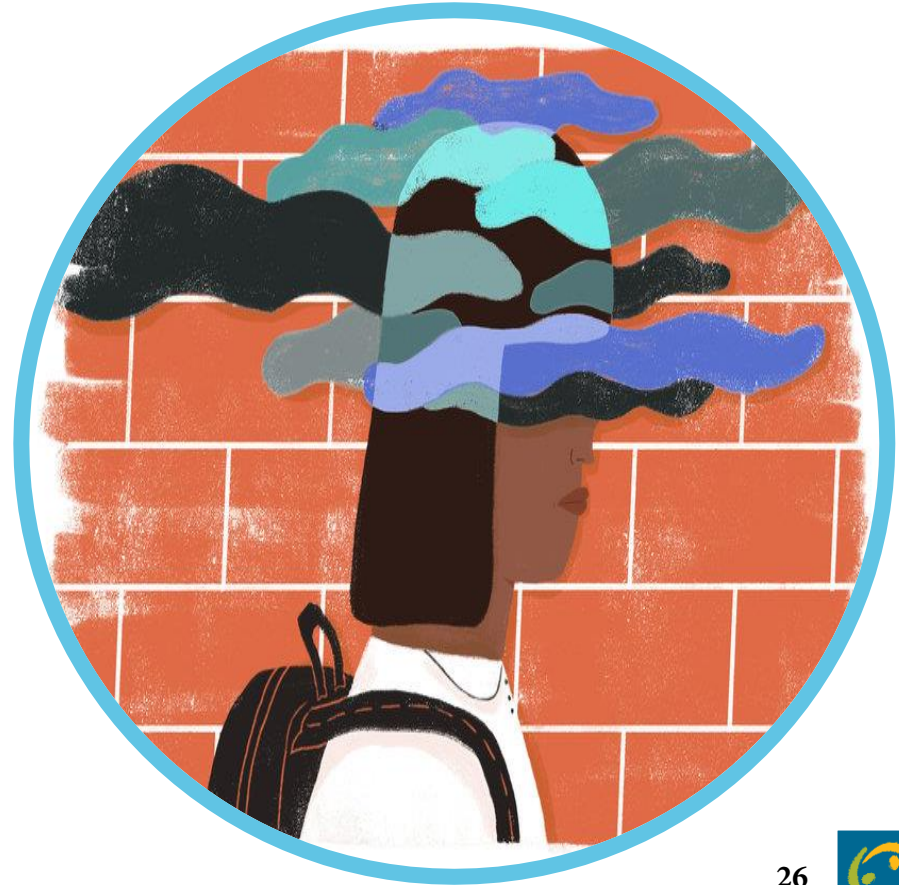
Symptoms of depression

- ▶ Depressed, irritable mood or feeling nothing
- ▶ Loss of interest in things they used to enjoy
- ▶ Fatigue or loss of energy
- ▶ Feeling restless or anxious
- ▶ Changes in appetite or weight
- ▶ Sleeping more or less than usual
- ▶ Difficulty concentrating
- ▶ Feelings of guilt or worthlessness
- ▶ Feeling hopeless or helpless
- ▶ Recurring thoughts of death or suicide



Why do people hide their depression?

- ▶ Think no one will believe them
- ▶ Afraid of being a burden
- ▶ Feel embarrassed
- ▶ Think they can handle it on their own
- ▶ Afraid of being labeled
- ▶ Don't want to lose friends
- ▶ Don't understand their feelings



What can cause depression?

- ▶ Stress
- ▶ Alcohol/drug use
- ▶ Runs in the family
- ▶ Brain chemistry



What helps depression?

- ▶ Get enough sleep
- ▶ Exercise and eat right
- ▶ Connect with others
- ▶ Get enough sunlight
- ▶ Unplug and unwind
- ▶ Therapy and counseling
- ▶ Prescribed medication (if required)



Why is it important to treat depression?

- ▶ Depression can lead to other problems.
- ▶ Depression can lead to a higher risk for suicide.

But remember:

- ▶ **Depression is a treatable medical condition!**

▶ **Stress**
#1 trigger for depression

▶ **Depression**
Risk factor for suicide

▶ **Suicide**



Suicide: Do we have a problem?

In the U.S., suicide is the

- ▶ **10th** leading cause of death among **all ages**
- ▶ **2nd** leading cause of death among ages **10 to 34**



Why would a person consider suicide?

- ▶ Most people who consider suicide don't really want to die.
- ▶ They just want to end the pain.
- ▶ Given another option, they would rather live.
- ▶ **Suicide is highly preventable.**

Suicide warning signs

- Extreme mood swings
- Impulsive or reckless behavior
- Aggressive or hostile behavior
- Neglecting appearance or hygiene
- Increased use of alcohol or drugs



Suicide warning signs

- Giving things away
- Withdrawal from friends and family
- ▶ Talking about wanting to die
- ▶ Feeling hopeless or having no reason to live
- ▶ Making a plan
- ▶ *Signs of immediate risk for suicide*





YOU'RE IT!





TAKE IT SERIOUSLY



ASK QUESTIONS



GET HELP



T

TAKE IT SERIOUSLY



- **Express concerns.**
- **Listen.** Don't interrupt. Don't judge. Don't act shocked or angry.
- **Offer reassurance.**
 - You're not alone.
 - Depression can be treated and problems can be worked out.



ASK QUESTIONS



Talking openly about it is the first step to getting help.

“Do you sometimes feel so bad that you think about suicide?”



ASK QUESTIONS



If yes:

“Have you thought about how you’d do it?”

“Have you decided when?”

“Have you made a plan?”





ET HELP



If the person says they are not thinking of suicide:
Urge them to get a mental health checkup.

- **Assessment**
- **Treatment**
- **Early intervention is best**





ET HELP



If the person says they are thinking of suicide:

- **Go to the nearest emergency room.**
 - **Call 911** (mental health crisis intervention).
 - **Call the National Suicide Prevention Lifeline.**
- ▶ Do not leave the person alone until help is available.
- ▶ Take away anything that could be harmful.





ET HELP



NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

- Save to your cell phone
- Call for yourself or someone else
- Free, confidential, available 24/7





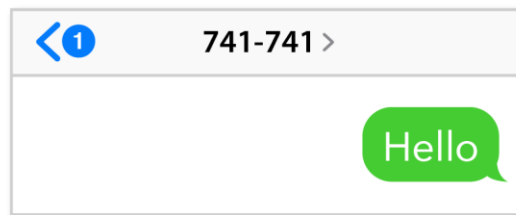
ET HELP



CRISIS TEXT LINE

Text 741741

A free, nationwide, 24/7
text line for people in crisis



ET HELP

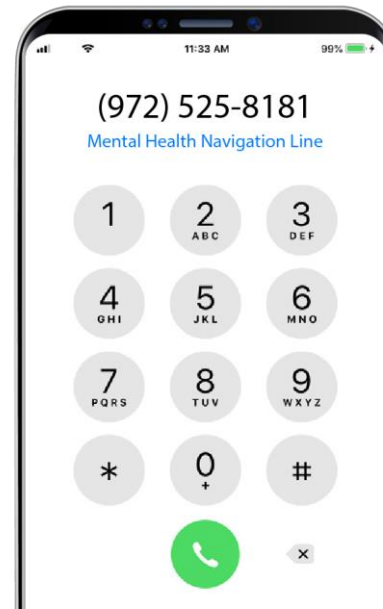


Mental Health Navigation Line

972-525-8181

When you need answers, support
and resources for mental health

**Monday-Friday
10 am to 6 pm**



G

ET HELP

TAG

YOU'RE IT!



www.HereForTexas.com

A searchable database
of North Texas Mental
Health Providers

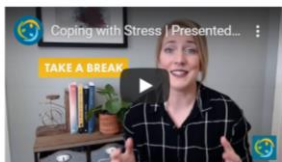




GET HELP



Mental Health Mini Lessons



Mini Lessons for Youth

It's helpful to know how to recognize common signs and symptoms of mental health conditions. These videos for teens and young adults provide information and tips to help you understand your own mental health during the pandemic.

[VIEW MORE VIDEOS](#)



Mini Lessons for Adults

Parents and caregivers who interact with youth on a daily basis play an important role in keeping them safe. They're often the first to notice signs of mental health issues. These videos for adults offer information to help guide them with useful tips and resources.

[VIEW MORE VIDEOS](#)

COPING WITH STRESS

TIPS FOR TIMES OF CRISIS AND UNCERTAINTY

CONNECT

It's difficult to nurture relationships when you aren't seeing each other face-to-face, but we need each other now more than ever. Use technology to find new ways of connecting with your friends and loved ones from a distance, such as Facetime, Zoom, or Netflix Party.

CREATE

We're not all born with artistic ability, but everyone can benefit from putting energy into creating something. You can write a story, document this time in history, paint, sketch, color, bake, take pictures, play an instrument, or any activity that gets your creative juices flowing.



FIND JOY

During a time of uncertainty and stress, do small things that bring you joy. This could be brewing a cup of tea, taking a hot shower, watching a Disney movie, or playing with your dog. Make a gratitude list before bed to focus your attention on the positive things in your life.

GET UP

Move your body, break a sweat, and release endorphins in your brain. Go for a walk, practice yoga, dance in your room, ride your bike, find a workout video, anything to get moving.

REST

There are countless distractions and barriers to getting rest, but research shows that adequate sleep can affect your mood and positive thinking. Start a new nighttime routine. This could include washing your face, meditation, putting your phone away, or lowering the lights.

TAKE A BREAK

Our society is experiencing information overload. Take time during the day to put your phone down, unplug and unwind. You can listen to music you love, do a guided meditation, or just have some me-time to reflect and relax.



www.GrantHalliburton.org/pandemicresources





TAKE IT SERIOUSLY



ASK QUESTIONS



GET HELP

Suicide protective factors

Resilience

- ▶ Strong coping and problem-solving skills

Connection

- ▶ Family
- ▶ School/work
- ▶ Peers
- ▶ Community



The facts are:

- ▶ **Stress is manageable.**
the #1 trigger for depression
- ▶ **Depression is treatable.**
a risk factor for suicide
- ▶ **Suicide is preventable.**
the 2nd leading cause of death
among youth ages 10 to 34



What can you do?

1 Foster resilience.

- ▶ Teach positive coping and problem-solving skills.

2 Promote connection.

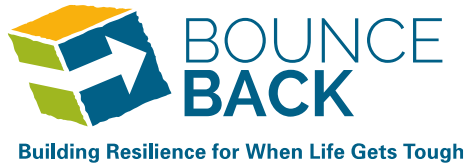
- ▶ Teach interpersonal skills that foster positive relationships.

3 Educate others.

- ▶ Bring mental health education into your school, community organization, workplace, place of worship.



Mental Health Presentations for Students



Change Your World

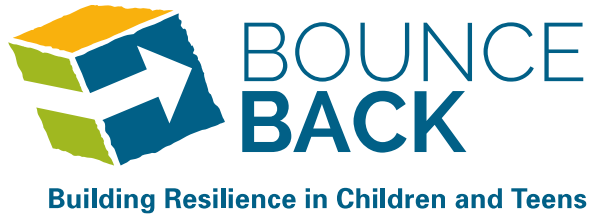


JOIN THE CONVERSATION



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Mental Health Presentations for Adults



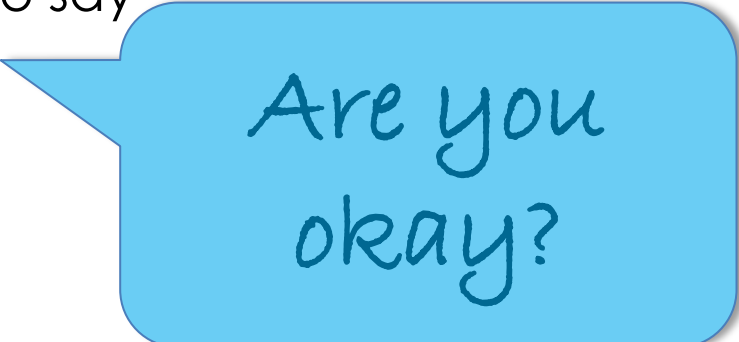
ISSUES AFFECTING TODAY'S
YOUTH AND HOW YOU
CAN HELP



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What can you do?

- 1 Foster resilience.
- 2 Promote connectedness.
- 3 Educate others.
- 4 Break the silence.
 - ▶ Make it okay for people to say they're not okay.



Are you
okay?



How can I know what to say?

What Hurts:

It's all in your head.

What Helps:

I know you have a real illness and that's what causes these thoughts and feelings.



How can I know what to say?

What Hurts:

We all go through times like this.

What Helps:

I may not be able to understand exactly how you feel, but I care about you and want to help.



How can I know what to say?

What Hurts:

Here's my advice.

What Helps:

Talk to me.
I'm listening.



How can I know what to say?

What Hurts:

You have so much to live for—why would you want to die?

What Helps:

You are important to me.

Your life is important to me.





SIDEWALK TALK
YOU TALK WE LISTEN.







listening on a sidewalk near you!



SIDEWALK TALK
YOU TALK WE LISTEN.

People want to talk.

They just don't think
we want to listen.

Let's end the
stigma.

Starting here.

Starting now.



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Let's end the
silence.



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Questions?



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F O U N D A T I O N



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[@GHFoundation](https://twitter.com/GHFoundation)



[@GHFoundation](https://instagram.com/GHFoundation)

GrantHalliburton.org



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F O U N D A T I O N

It's about help.

It's about hope.

It's about peace of mind.

Finding the right mental health resources can be confusing.

We can help.



The **Here For Texas Mental Health Navigation Line** is a free helpline offering guidance, information, resources, and support for mental health and substance use issues.

If you're seeking resources for yourself or for a patient, client, student, family member, or friend, give us a call. Our mental health navigators can help.

You can also find helpful information at **HereForTexas.com**, our searchable database of mental health providers.

972.525.8181

Monday - Friday 10 a.m. - 6 p.m.

If you or someone you know is in crisis, call 1.800.273.8255 for 24/7 help.



MENTAL HEALTH NAVIGATION LINE

Here For Texas is a program of Grant Halliburton Foundation

HereForTexas.com



@HereForTX



@HereForTexas

POSITIVE STRESS RELIEVERS

By Grant Halliburton Foundation

CONNECT

It can be hard to nurture relationships when you aren't seeing your peers face-to-face. This is when social media and the internet can be so wonderful. Check on your friends, have a virtual dinner date, or chat about what shows you've been watching. Don't put your friendships on the back burner. We need each other now more than ever.

CREATE

We're not all born with artistic ability, but that's okay – it doesn't mean we can't benefit from putting energy into creating something. Write a story, document this time in history, paint, sketch, color, record videos, organize your closet, bake, take pictures, play an instrument, do anything that gets your creativity flowing!



FIND JOY

During a time of uncertainty and stress, find small things that bring you joy. These positive outlets cannot be underestimated. Sometimes when you least "feel like" doing them is when you need them the most!

GET UP

Move your body, break a sweat, and release endorphins in your brain! Everyone has access to the benefits of exercise. Go for a walk, do yoga, dance in your room, ride your bike, find an at-home workout—anything to get up and get moving.

REST

There are countless distractions and barriers to getting rest, but adequate sleep can affect your mood, emotional stability, and positive thinking. Try starting a nighttime routine to alert your body that you're about to go to sleep; this could include washing your face, doing a 5-minute meditation, putting your phone away, or lowering the lights.

SPEAK UP

If you're stressed, overwhelmed, or scared, talk to a trusted adult or friend about how you're feeling. Talking about how you feel and expressing your emotions can lighten the load, even if the situation or problem hasn't changed. You don't have to feel what you feel alone.

TAKE A BREAK

Our society is in a state of information overload. Try to find time in your day to put your phone down and stop consuming news and information about the pandemic. You need to take some time away from it and breathe. Put on some headphones and listen to music you love, do a guided meditation, or just have some "me-time" to reflect and relax.



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For more mental health tips and information, visit

GrantHalliburton.org

NATIONAL
SUICIDE PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential



Start the Conversation: How to Talk to Teens About Mental Health

Talking about mental health with teens can be challenging. By using open-ended questions, you allow teens to answer in their own words. Here are some questions to get the conversation going, along with questions that can open up the conversation about mental health. The key is to keep the lines of communication open with teens.



BREAK THE ICE

Sometimes, you just need a way to engage a teenager and start a conversation. Questions like these can help.

1. **If you could have anyone do the voice-over for your reflections on life, who would it be?**
2. **What is one of the most adventurous things you've ever done?**
3. **What is some place that you would really like to visit?**
4. **If you could be a contestant on any game show, which one would you choose?**
5. **If you could have any one superpower, which one would you choose and why?**
6. **If you had \$1,000 to spend, how would you spend it?**
7. **What is your favorite thing to do with friends?**
8. **What is your dream car?**
9. **If you could go on a trip anywhere with three other people, where would you go and what three people would you take?**
10. **What was your favorite movie when you were younger?**

STEER THE CONVERSATION TOWARD MENTAL HEALTH

Incorporate these questions into your conversations to help teens identify and talk about their feelings and experiences on a deeper level.

1. **When do you get discouraged?**
2. **When do you feel most vulnerable?**
3. **What is something you like about yourself?**
4. **What is something you are looking forward to doing within the next six months?**
5. **What is one regret you have from last week?**
6. **What was the highlight of your week?**
7. **What is the biggest struggle you are facing in life right now?**
8. **What is one personal tragedy you have overcome?**
9. **Name one weakness and one strength you have.**
10. **Name one short-term goal and one long-term goal you have.**

Find more information and resources at www.GrantHalliburton.org

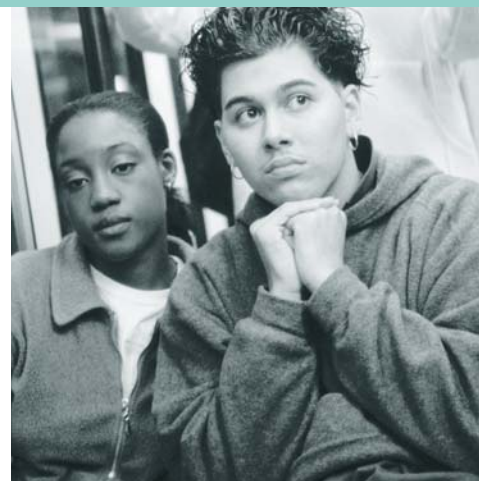
What Helps and What Hurts

When someone you care about has depression or bipolar disorder

People living with depression or bipolar disorder (manic depression) often cope with symptoms like feelings of hopelessness, emptiness or worthlessness. You probably want to say something to help the person feel better. But what can you say? Why does it seem like many well-meant comments hurt more than they help?

Here is a basic list to use as guidelines when you talk to someone who has symptoms of depression or bipolar disorder. Put the statements into your own words. What's most important is that the person you care about understands your support. You didn't cause your loved one's illness and you can't control the person's feelings. You can only do your best to offer help.

If the person is actively threatening suicide, don't try to handle the situation on your own. Call a mental health professional or take your friend to the nearest emergency room for treatment.



What helps

I know you have a real illness and that's what causes these thoughts and feelings.

I may not be able to understand exactly how you feel but I care about you and want to help.

You are important to me. Your life is important to me.

Tell me what I can do now to help you.

You might not believe it now, but the way you're feeling will change.

You are not alone in this. I'm here for you.

Talk to me. I'm listening.

What hurts

It's all in your head.

We all go through times like this.

You have so much to live for – why do you want to die?

What do you want me to do?
I can't change your situation.

Just snap out of it.
Look on the bright side.

You'll be fine. Stop worrying.

Here's my advice...

When you have depression or bipolar disorder

What can I do to help others understand what helps and what hurts?

- Set aside some time to sit down with family members or friends and talk about something important. Choose a time that is relatively calm and free of distractions.
- Begin your statements with yourself: "I feel," or "I need." Avoid "you" statements like "You always criticize me," which may be more likely to lead to arguments.
- Tell them what they **can** say or do that will help you. This includes practical things like helping with housework or taking you somewhere.
- Ask for help when you need it. If you feel better, thank the people who helped you.
- Look for more than one person to support you. Different people offer different perspectives.

TAKE IT SERIOUSLY

ASK QUESTIONS

GET HELP

Most people who are thinking of taking their own lives tell a friend first.

Would you know what to do if you were face-to-face with a friend in suicidal crisis?

Remember TAG, You're It!
You might just save a life.

Where to find help.

800.273.TALK (800.273.8255)

National Suicide Prevention Lifeline

Text HELP to 741741

Crisis Text Line

Crisistextline.org

866.488.7386

The Trevor Project helpline for LGBT youth

TheTrevorProject.org

972.525.8181 | M-F 10 AM to 6 PM

Here For Texas Mental Health Navigation Line

HereForTexas.com

ReachOut.com

HalfofUs.com

GrantHalliburton.org

TAG, You're It! is a program of



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YOU'RE IT!

Learn to recognize the warning signs of suicide.

- Feeling hopeless
- Drastic changes in behavior
- Impulsiveness, recklessness, risk-taking
- Aggressive behavior, rage, uncontrolled anger
- Preoccupation with death or suicide
- Giving away possessions
- Loss of interest in appearance
- Increased use of alcohol or drugs
- Withdrawal from friends and family
- Extreme anxiety or agitation
- Recent stress like loss of a relationship, unplanned pregnancy, victim of bullying or family conflict
- Previous suicide attempt or exposure to another's suicidal behavior
- Comments like "I don't think I can take it anymore" or "People would be better off without me."

Know what to do.

TAKE IT SERIOUSLY

- Listen. Don't judge. Don't act shocked or angry.
- Let the person know that you care and he or she is not alone.
- Explain that depression can be treated and that no matter how awful the problems seem, they can be worked out.
- Never agree to keep a person's suicidal thoughts or plans a secret.

ASK QUESTIONS

- Don't be afraid to ask if a person is considering suicide.
- Be direct. Ask if he or she has a particular plan or method in mind.
- Talking openly about it is the first step to getting help.

Take action.

GET HELP

If the situation is life-threatening:

- Call 911 or a crisis help line.
- Go with the person to the nearest emergency room.
- Take away anything that could be harmful.
- Do not leave the person alone until help is available.

If the situation is not life-threatening:

- Try to get the person to agree to talk to someone.
- Call a parent or other trusted adult who can help.
- Offer to go with them to talk to a parent, school counselor, or other trusted adult.
- Stay in touch.

This is what depression looks like.



**You can only see it if you
know what to look for.**

Know what to look for.

It's normal for teens and young adults to feel down or moody sometimes. But when those feelings last for weeks, it could mean that something more serious is going on.

It helps to know the signs:

- You feel sad or cry a lot and it doesn't go away.
- You feel guilty for no real reason; you feel like you're no good; you've lost your confidence.
- Life seems meaningless or like nothing good is ever going to happen again.
- You have a negative attitude a lot of the time, or it seems like you have no feelings.
- You don't feel like doing a lot of the things you used to enjoy—like music, sports, being with friends, going out—and you want to be left alone most of the time.
- It's hard to make up your mind. You forget lots of things, and it's hard to concentrate.
- You get irritated often. Little things make you lose your temper; you overreact.
- Your sleep pattern changes; you sleep a lot more or a lot less than you used to.
- Your eating habits change; you've lost your appetite or you eat a lot more.
- You're using drugs or alcohol to cope.
- You start having aches or pains that won't go away.
- You feel restless and tired most of the time.
- You think about death or feel like you're dying; you have thoughts about suicide.

Depression is very common—in fact, it affects nearly 2 million young people. Sometimes people get depressed because of something like a divorce in the family, a death, a troubled home life, or a breakup with a boyfriend or girlfriend. It's important to get treatment for depression before it leads to other problems, like trouble with alcohol, drugs, or sex; trouble with school or bad grades; or trouble with family or friends.

Know what to do.

Depression is a serious but treatable condition. If you are a teen or young adult and think that you may be suffering from depression, here is what you can do:

- 1** Learn about depression. Know that you can feel better.
- 2** Find an adult who will listen and help you get treatment.
- 3** See a doctor who can check for physical illnesses that cause some of the symptoms of depression.
- 4** Get help. Don't wait to see if depression will get better.
- 5** Understand the treatment. What works best in most cases is medication or therapy, or both. Therapy can help you find better ways to solve problems and change negative thoughts.
- 6** Stick with the plan. Don't miss therapy sessions and don't stop taking medications without talking to your doctor.
- 7** Stay healthy. Eat right, exercise, and get enough sleep.
- 8** Get involved in positive activities.
- 9** Keep a journal about how you feel to help determine triggers and effective treatments for your depression.
- 10** Tell someone if you feel suicidal. Call one of the numbers on the back immediately.

Know where to get help.

Need help now?

If you're having thoughts of suicide or self-harm:

- Call 1-800-273-TALK (8255), a free, confidential 24-hour hotline available to anyone in suicidal crisis or emotional distress. Call for yourself or someone you care about, and get connected to help in your area.
- Text HELLO to 741741 from anywhere in the U.S. to text with a real-life trained crisis counselor. The free, 24/7 text line is available to anyone in suicidal crisis or emotional distress.
- You can also dial 911 or go to the nearest emergency room.
- The Trevor Project offers a 24-hour toll-free confidential crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth. Call 1-866-488-7386.
- The National Alliance on Mental Illness has an information and referral line to help you find resources like support groups, psychologists, and psychiatric hospitals. Call (214) 341-7133* Monday – Friday, 10 a.m. – 6 p.m. EST.

For information about depression, suicide and mental health resources, we suggest:

Grant Halliburton Foundation

GrantHalliburton.org
(972) 744-9790

Depression and Bipolar Support Alliance

dballiance.org
(817) 654-7100

National Institute of Mental Health

nimh.nih.gov
(866) 615-6464*

National Alliance on Mental Illness

nami.org
(214) 341-7133*

Mental Health America

nmha.org
(214) 871-2420

Depression Screening

tinyurl.com/mha-screening

Half of Us

Online resource for college youth
halfofus.com

Here For Texas

Searchable database
of Texas resources
herefortexas.com

*Spanish available



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