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2017



ADDRESSING MENTAL HEALTH: SIGNS AND SYMPTOMS

Facilitated by

Ground Rules



- Confidentiality.
- Connect with MRC's for individual circumstances.
- Context.

Learning Objectives



- List the most common mental health challenges facing college students.
- Identify signs and symptoms of these mental health challenges.
- Identify the resources available at your college or university.
- Practice ways to start a conversation or intervene when you have a concern about someone's health or wellness.

What is Mental Health?



World Health Organization

Common Challenges



- Depression
- Anxiety
- Suicide
- Bipolar Disorder
- Eating Disorders
- Addiction
- Self-harm
- Schizophrenia
- Struggles with identity

Common Warning Signs



- Sleep
- Mood (sad, anxious, irritable)
- Appetite/eating habits or weight
- Energy level
- Interest/motivation
- Performance or participation in school, work, chapter activities or relationships

Other Warning Signs



- Increased use (type, frequency or amount) of alcohol or drugs
- Unhealthy or excessive exercise, vomiting after eating, poor body image
- Arguments/fights, unusual or exaggerated reactions to events
- Thoughts of death or suicide, comments or writings about death or suicide



Identify and underline the signs or symptoms you notice.

Signs in Case Study 1



- Sleeps a lot
- Doesn't seem to leave the house very often
- Deep-set dark circles
- Lethargic
- Doesn't come down for meals
- Only seems to get ready for the day when chapter meetings happen
- Leaves the house at night

Signs in Case Study 2



- Pretty moody lately
- Snapped at someone
- Drinking to black out
- Women are hesitant to talk with her
- Falling out with a sister

Signs in Case Study 3



- Struggling with school
- Really positive or really negative
- Wearing really baggy clothing
- Working out a lot more
- Doesn't want to go with sisters
- She seemed really hot
- Skipped out on the chapter formal



Do you know your campus
resources for mental health
support?

Say Something



How to approach a member:

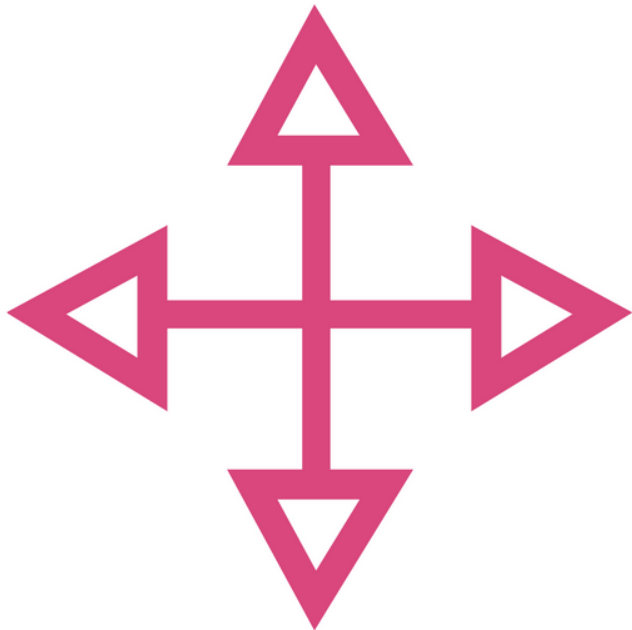
- Choose a time and place.
- Start by naming the signs in her behavior that you have considered.
- Listen and show empathy.
- Offer and encourage the use of resources.

Group Activity



- Where and when will you talk with this member?
- What are the behaviors you will address and how will you point them out?
- What open-ended questions will you ask?
- What resources for support can you offer your member?

Possible Outcomes



- Emotional responses.
- Lack of readiness.
- Personal support.
- Red flag statements needing immediate action.

Review of Learning



- Defined the most common mental health challenges.
- Identified the resources available.
- Learned ways to start a conversation or intervene with concerns.

Debrief



- What is your biggest take-away from today's program?
- What are you going to start or stop doing?
- What are your final thoughts?

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