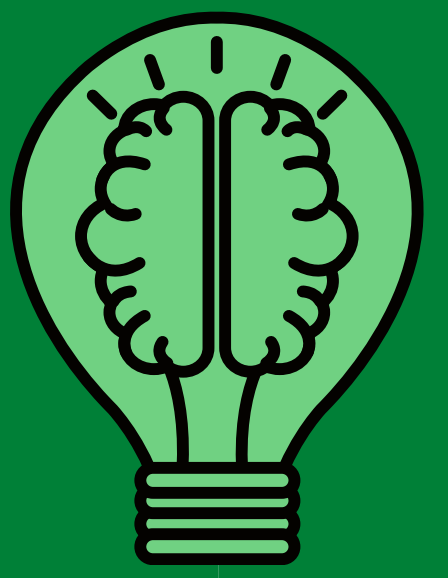


# MENTAL HEALTH RESOURCES AND STATISTICS

Storms Don't Last Forever



## MENTAL HEALTH TODAY

As we have all noticed this year, mental health has become more important than ever. During this time, it may be harder than ever, but do know that you do not have to go through these tough times alone!

## THE STATISTICS

- For every 700 Iowans, there is 1 mental health provider
- In 2018, 6,211 people aged 15-24 died by suicide.
- Suicide is the second leading cause of death in youth aged 10-24 with Unintentional Injuries being the first leading cause of death
- 2 out of every 10 people receive treatment for mental health
- In 2018, 46% of Iowa Schools said they post mental health resources on their website

## RESOURCES

[pleasepassthelove.org](http://pleasepassthelove.org)  
CDC- Mental Health and the Pandemic  
National Institute of Mental Health  
[Teenmentalhealth.org](http://Teenmentalhealth.org)  
[dallascountyiowa.gov](http://dallascountyiowa.gov)

## RESOURCES

Please Pass the Love

Please Pass the Love has many youth resources. They have a self-care workshop, coping mechanisms during COVID-19, and many online resources for both youth and educators!

[pleasepassthelove.org](http://pleasepassthelove.org)

Hotlines

We recommend you program these into your phones. You may not need them yourself, but you never know when a friend or family member will!

Suicide Hotline:  
1-800-273-8255 for English  
1-888-628-9454 for Spanish

National Domestic Violence Hotline:  
1-800-799-7233 or text LOVEIS to  
22522

National Sexual Assault Hotline:  
1-800-656-4673

National Child Abuse Hotline:  
Call or Text 1-800-422-4453

Dallas County Suicide Hotline:  
1-800-784-2433

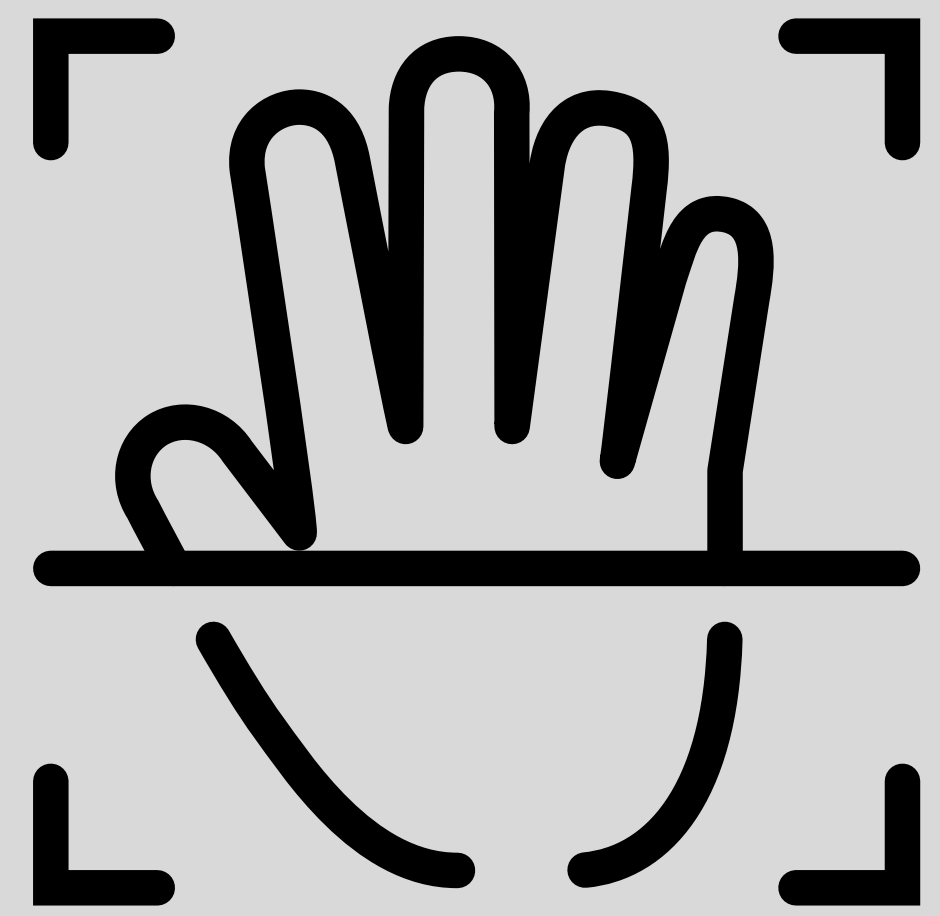
COVID-19: [covidrecoveryiowa.org](http://covidrecoveryiowa.org)

# A GUIDE TO PMR

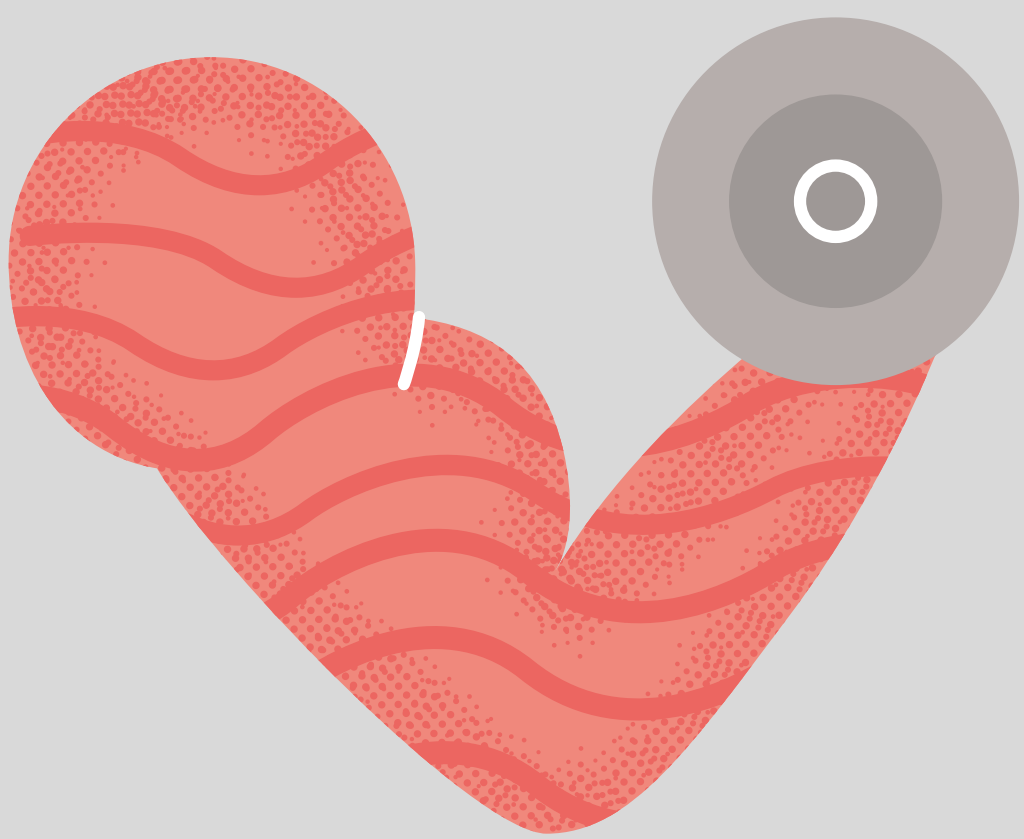
(PROGRESSIVE MUSCLE RELAXATION)



Lie down or find a comfortable seating position



Take a mental scan of your body. What areas are more tense than others?



Breathe in for 4 seconds, tensing up your muscles in your toes/feet

# RELAX

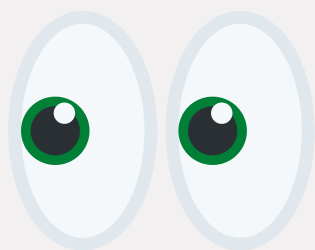
Relax the muscles you tensed. Repeat these actions and tense each muscle group in your body.

# Breathing Techniques For Self-Care

*Breathing exercises have been known to reduce stress, anxiety, and the physical tension in our bodies! Take a look at the following breathing exercises!*

## Visualization Breathing

- Take a deep breath in
- Hold your breath as you think about your happy place
  - Vacation
  - Good memory
  - Someone you love or who has impacted you
- Exhale, allowing all the stress and worry to leave your body/mind



## Apps For Breathing

- iBreathe for IOS and Apple Watch
- Calm for Android and IOS
  - This app also has some meditation techniques!

## Break The Stigma

## 4-7-8 Breathing

- Place one hand on your stomach and one hand on your chest
- Take a deep breath in for 4 seconds
- Hold your breath for 7 seconds
- Take 8 seconds to let all the air out of your lungs
- You can change the counts as your bodies allows
  - 2-5-6
  - 5-3-5



## Belly Breathing

- Sit or lie down
- Put one hand on your stomach and the other on your chest
- Take a deep breath, making sure your stomach is moving and not your chest
- Exhale all the air in your lungs, pursing your lips like you are whistling
- Notice your hand on your stomach sinking back in
- Repeat this exercise until you feel relaxed and stress free!



# Yoga 101

Yoga provides many many benefits not just for our physical health but our mental health too!

Here are some of the mental health benefits to yoga!

For more yoga facts and videos, head to YouTube! There are many yoga channels/exercises that you can follow along with!

*Source: Deborah Khoshaba Psy.D  
psychologytoday.com*

01

Releases gamma aminobutyric, the chemical in the brain that helps to calm the nervous system and reduce anxiety.



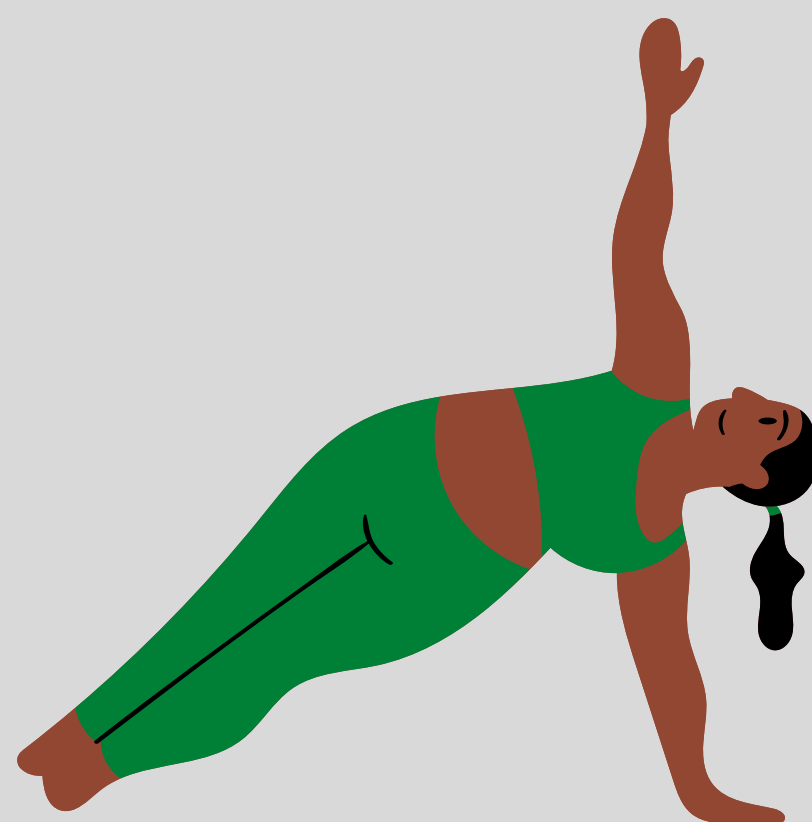
02

Holding poses makes your brain switch from biochemical arousal to its most relaxed state.



03

Yoga turns off the natural creation of adrenaline, truly calming the body and allowing your mind to relax.





# JOURNALING AND POETRY



JOURNALING HELPS TO REGULATE EMOTIONS AND GIVES A SPACE FOR YOU TO THINK AND SPEAK FREELY.

POETRY ACTS IN THE SAME WAY. IT ALLOWS FOR THE AUTHOR OR POET TO EXPRESS THEIR FEELINGS TOWARDS CERTAIN SITUATIONS, PEOPLE, OR SOCIETY AS A WHOLE IN A HEALTHY WAY!



**MUSE IS AVAILABLE FOR FREE ON IOS AND ANDROID. IT HAS MANY PROMPTS FROM DAILY JOURNALING TO PERSONAL GROWTH TO REFLECTING ON QUOTE.**

# HANDS-ON ACTIVITIES

*get your creativity on*

**HANDS ON ACTIVITIES:**

**PAINTING**

**COLOR/PAINT BY NUMBER**

**ADULT COLORING BOOKS**

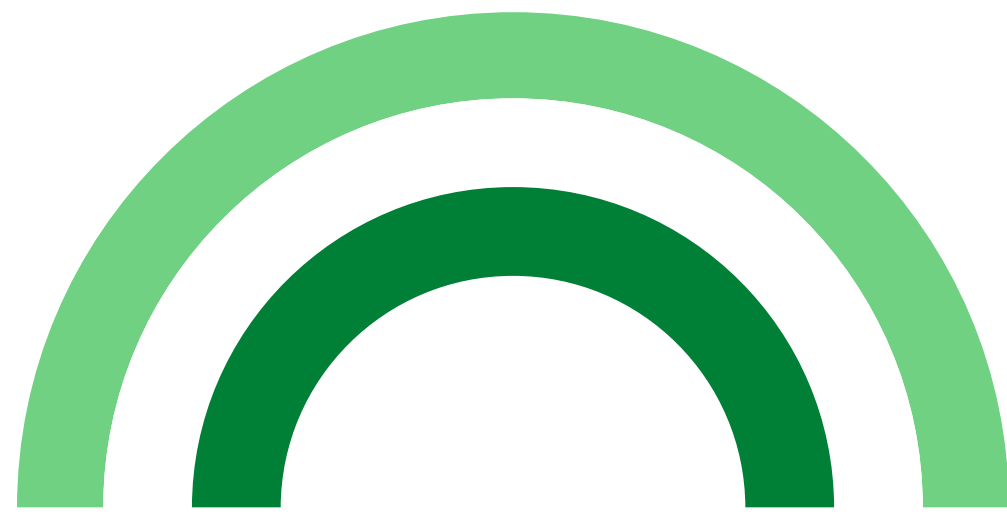
**FASHION DESIGN**

**PUZZLES**

**BUILDING FURNITURE/KNICK KNACKS**

**PLAYING WITH PLAY-DOH**

**AND SO MUCH MORE!**



# **MORE WAYS TO BE KIND TO YOUR MIND**

Reaching out to friends

Eating fruits and vegetables

Exercise and Movement

Get your jam on! Listen to music!

Download "Ask A Friend" on your Google Play or App Store

Light your favorite candle and read a book

Connect with others on social media

Clean/Organize your room

**AND SO MANY MORE!**