The Gorilla Mental Health Toolbox

Gorilla Peer Education
Pittsburg State University
Gorillas in Your Midst & Students for Violence Prevention
Gorilla Peer Education at PSU

Students for Violence Prevention

Programming on the following topics/issues: sexual assault, rape, victim blaming, rape culture, domestic violence, dating violence, types of abuse, red flags of abusive behavior, stalking, protection orders, healthy vs. unhealthy relationships, sexting, break-ups, sexual communication, consent, healthy sexual relationships, healthy sexuality, bystander behaviors, bystander intervention, self-care, and resources on and off campus.

Gorillas in Your Midst

Programming on the following topics/issues: alcohol & other drugs, sexual health, STD’s/STI’s, HIV/AIDS, contraception, smoking cessation, physical health, nutrition, suicide prevention, mental health, eating disorders, body image, anxiety, depression, stress management, diversity, bystander behaviors, bystander intervention, healthy relationships, and resources on and off campus.
Spring 2016 Mental Health Initiatives

- Individual packets on depression, anxiety, and stress management
- Love Your Body Month
- Stress Management Kits
- Mental Health Trivia
- Jungle of Oppression
- Suicide Prevention/Suicide Warning Signs
- University Counseling and 24/7 Help Lines
Spring 2016 Mental Health Initiatives

Suicide Prevention Lifeline
1-800-273-TALK (8255)

Learn the Warning Signs.

HELP
a loved one,
a friend,
or yourself.

Pitt State Counseling Center
(901) 256-4453

Local 24/7 Crisis Line
(901) 232-SAVE (7283)

Local 24/7 Sexual Assault Hotline
1-800-794-7148

LGBTQ Support
TrevorLife 888-488-7388
thetrevorproject.org

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, stress, or change.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in an unendurable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Suicide is Preventable.
Call the Lifeline at 1-800-273-TALK (8255).
With Help Comes Hope
Within the last school year, have any of the following affected your academic performance?

- Depression
- Anxiety
- Sleep Difficulties
- Stress

The student:

- Received a lower grade on an exam/important project
- Received a lower grade in the course
- Received an incomplete or dropped the course
If you were having a significant personal problem, would you seek help from the University Counseling Center?

University Counseling Center

- YES
- NO
If you were having a significant personal problem, would you seek help from Other Mental Health Professional(s)?

- YES
- NO
PSU Student Health Survey 2016

- Within the last 12 months, have you:
  - Attempted suicide: 0.00%
  - Seriously considered suicide: 7.50%
  - Felt overwhelming anger: 15.00%
  - Felt overwhelming anxiety: 22.50%
  - Felt so depressed that it was difficult to function: 30.00%
  - Felt things were hopeless:
One Minute Mindfulness Technique
One Minute Mindfulness Techniques Workshop

One Minute Mindfulness
FOR STRESS & ANXIETY RELIEF
by Ft. Knoll

NOVEMBER 10
3 to 4 pm
OVERMAN STUDENT CENTER
Ballroom C
Self-Care/Stress Management Kits

- Dorm Room Workouts
- Yoga Routines
- Mindfulness Exercises
- Stress Relief Websites and Music Playlists
- Campus, Local, and National Resource List
- Gratitude Journals
- Coloring Pages

- Crayons
- Bubbles
- Positive Affirmations
- Compliments
- Bubble Wrap (Pop when stressed)
- Suggestions of items to add to your box
Self-Care/Stress Management Kits
Self-Care/Stress Management Kits
GORILLA WARM UP
Gorilla Warm Up
Mental Health Video Program for Freshman Experience Classes

Video: https://www.youtube.com/watch?v=KSWEPY29HLyA

Discussion Questions:

• How would you define “mental health” or “mental wellness”? 

• List two examples of stereotypes and/or stigma about persons with mental health issues you have heard from society, the media, or your peers

• List two ways you can help support friends with mental health issues

• List two ways you can take care of your mental well being on an ongoing basis
Feedback from FE Instructors

- “I think the video and questions addressed relevant college mental health issues; stigma, what to say, what not to say, action items!”

- “My classes are often reluctant to discuss issues, but overall we had productive discussions. Some parts really seemed to resonate with them and they referenced the video in discussion.”

- “Thank you for providing the materials! The way the video was edited made parts of it not flow, but I appreciated keeping it a little shorter so we had lots of time for discussion.”
+ Community Coloring
One Minute Mindfulness Technique
Gorilla Peer Education Contact Information

- JT Knoll, Prevention & Wellness Coordinator
  Gorillas in Your Midst Advisor
  620-235-4062 | jknoll@pittstate.edu

- Ali Smith, Campus Victim Advocate
  Students for Violence Prevention Advisor
  620-235-4831 | alison.smith@pittstate.edu

- Students for Violence Prevention
  pittstatesvp@gmail.com
  Social Media: @PSUSVP

- Gorillas in Your Midst
  gorillasinyourmidst1@gmail.com

Social Media:
- @PSUSVP
- PSUSVP
- @GIYM_PSU
- @PSUSVP
- Pinterest.com/psusvp
- Pittsburg State's Students for Violence Prevention
- Gorillas In Your Midst
- @Dothegorillathing
- gorillathing16
- @PSUSVP