



Smashing Stigma

Supporting Mental Health Before, During & After Crisis Webinar



This interactive training will provide research based information focused on some of the myths surrounding mental health, and will provide tangible steps one can take to promote mental wellness individually, within families, and within their own units.

In this handout, you will find space to take notes and resources from the webinar.

1. What verbiage have you heard used that is stigmatizing towards mental illness?
2. Why should we care about mental health?
3. Suicide Crisis Support:
 - National Suicide Prevention Lifeline: 1-800 – 273 – 8255
 - Copline: 100% confidential & peer supported 24/7 1-800-267-5463
www.copline.org
 - Crisis Call Center (24/7): 1-800-273-8255; Text ANSWER to 839863
 - Veterans Crisis Line (24/7): 1-800-273-8255 (press 1; Text 838255; Chat online: www.veteranscrisisline.net)
4. Five stages of grief include: 1) Denial, 2) Anger, 3) Bargaining, 4) Depression, 5) Acceptance
5. How do we help ourselves and others?
6. Today, what have you been: a) Inspired By?, b) Challenged By?, c) Touched By?, d) Surprised By?
7. ERS Resources for State Employees are [online here](#) and [online here](#)
8. Texas DPS Victim & Employee Support Services has information relevant to your mental health and wellbeing during and after COVID-19. Resources pertain to the impact on families, tips for first responders, social distancing, maintaining sobriety, and media resources (videos and podcast). Available to all and [online here](#).
9. Texas Health and Human Services information is [online here](#)
10. MentalHealthTX.org for promoting mental health throughout Texas
11. Substance Abuse and Mental Health Services Administration: www.samhsa.gov
12. [National Alliance on Mental Illness](#) offers free services for individuals & family

Key Takeaways & Notes:

Upcoming Webinars: Financial Fitness For Your Future on Wednesday, May 13: [10am to 11am](#) or [12pm to 1pm CST](#)
Managing Relationships During Challenging Times on Thursday, May 14: [10am to 11am](#) or [12pm to 1pm CST](#)
For questions or additional assistance, email physicalfitness@dps.texas.gov