

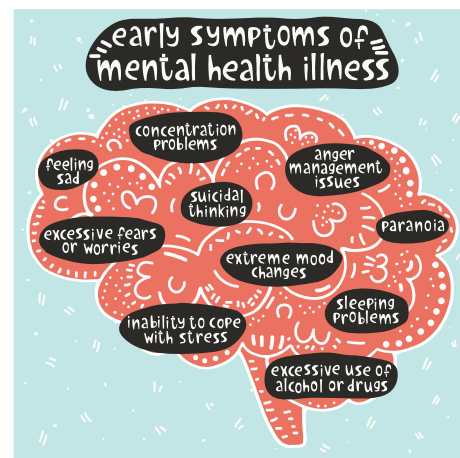
Mental Health Matters: Taking Care of Ourselves and Each Other

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Helping Others

- Notice signs of mental distress
- Be pro-active about checking in
- Listen non-judgmentally
- Connect people to appropriate self- and professional help



Helping Ourselves



What will I do for Self Care?

- Physical
- Mental
- Emotional
- Spiritual
- Personal
- Professional

Who can I call at any time?

What if I need more help?



Mental Health First Aid

What participants learn:

- Risk factors and warning signs of mental health and substance use problems
- Information on depression, anxiety, trauma, psychosis and substance use
- A 5-step action plan to help someone who is developing a mental health problem or is in crisis
- Available evidence-based professional, peer and self-help resources



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Mental Health First Aid is
Evidenced-backed:

Quantitative & qualitative
studies have shown that the
program

- Improves people's mental health
- Increases understanding of mental health issues and treatments
- Connects more people with care
- Reduces stigma

