



**MILLIKIN
CARE**

**MENTAL HEALTH
RESOURCE BOOKLET**

Millikin's Branch of Creatives for Artistic and Realistic Equity



Our mission is to foster and maintain a safe environment where our marginalized students can be heard, and to implement action in order to educate our community and ensure equitable opportunity for marginalized groups at Millikin University's School of Theatre and Dance and in the performing arts community at large.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. The purpose of this booklet is to provide students with techniques and resources for tackling mental health challenges.

An additional hope of ours is that, through releasing this booklet, we can continue to destigmatize the prioritization of mental health in our community – an effort we began by certifying many students and faculty in Mental Health First Aid.

SELF-CARE

What is it?

Self-care is an important way to protect your physical, mental and emotional health so you can better adapt to changes, build strong relationships, and recover from setbacks

The eight spheres of wellness:

Intellectual

- Learning new things, practicing mindfulness and creativity
 - Read a book
 - Learn a skill
 - Play a board game
 - Paint

Emotional

- Enhancing emotional literacy, navigating emotions, increasing empathy and managing stress effectively.
 - Say no to things
 - Set boundaries
 - Journal

Physical

- Movement of the body, health, nutrition, sleep and resting needs.
 - 7-9 hours of sleep
 - Drink water
 - Eat meals and snacks
 - Stretching

Environmental

- Understanding how your environments affect your well-being.
 - Tidy up your living space
 - Monitor social media consumption
 - Organize

Community

- Having a network of relationships that you can trust and turn to.
 - Spend time with friends
 - Meet new people
 - Ask for help
 - Speak to a mental health professional

Spiritual

- Having beliefs and values that are important to you and guide your life.
 - Meditate
 - Journal
 - Affirmations
 - Prayer (if it suits you)

Occupational

- Sharing your strengths and gifts, having clear professional boundaries and living your purpose.
 - Negotiate your needs at work

Financial

- Being responsible with your finances and having a conscious relationship with money
 - Budgeting
 - Allocate funds for fun activities.

A good self-care routine is:

- sustainable
- low pressure
- personal
- enjoyable
- regular

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ONLINE MENTAL HEALTH RESOURCES

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DAILY STRENGTH

- Peer-based online forum and support group for anxiety.

TURN2ME

- Online support group for anxiety, depression, stress, and general mental health run by qualified professionals. Sessions are free, but require a reservation in advance.

7 CUPS

- Free 24/7 chat with volunteer listeners. Monthly online counseling available with a licensed therapist for a fee.

MENTAL HEALTH AMERICA

- A community-based nonprofit with interactive tools to get help for mental illness.

INSIGHT TIMER

- Free app with meditations for sleep, anxiety and stress.

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CRISIS HOTLINES & CHATS

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NATIONAL SUICIDE PREVENTION LIFELINE

- Available 24/7: **1-800-273-8255**

NATIONAL EATING DISORDERS HELPLINE

- Toll-Free Phone Number: **1-800-931-2237**
 - Helpline phone hours: Monday–Thursday 11AM–9PM ET & Friday 11AM–5PM ET.
 - Helpline chat hours: Monday–Thursday 9AM–9PM ET & Friday 9AM–5PM ET.
- For 24/7 crisis support, **text 'NEDA' to 741741**

NATIONAL SEXUAL ASSAULT HOTLINE

- Available 24/7: **1-800-656-4673**

NATIONAL SUBSTANCE ABUSE HELPLINE

- Available 24/7: **1-800-662-4357**

THE TREVOR PROJECT LGBTQ+ HELPLINE

- Available 24/7: **1-866-488-7386**.



HOW TO SUPPORT SOMEONE WHO IS STRUGGLING

We know it's challenging to know what to say or do. Here are eight things that you can do and eight things you should not do when you're supporting someone who is struggling with their mental health. Here are eight "do's" and "dont's":

THE DO'S AND DON'TS

DO's

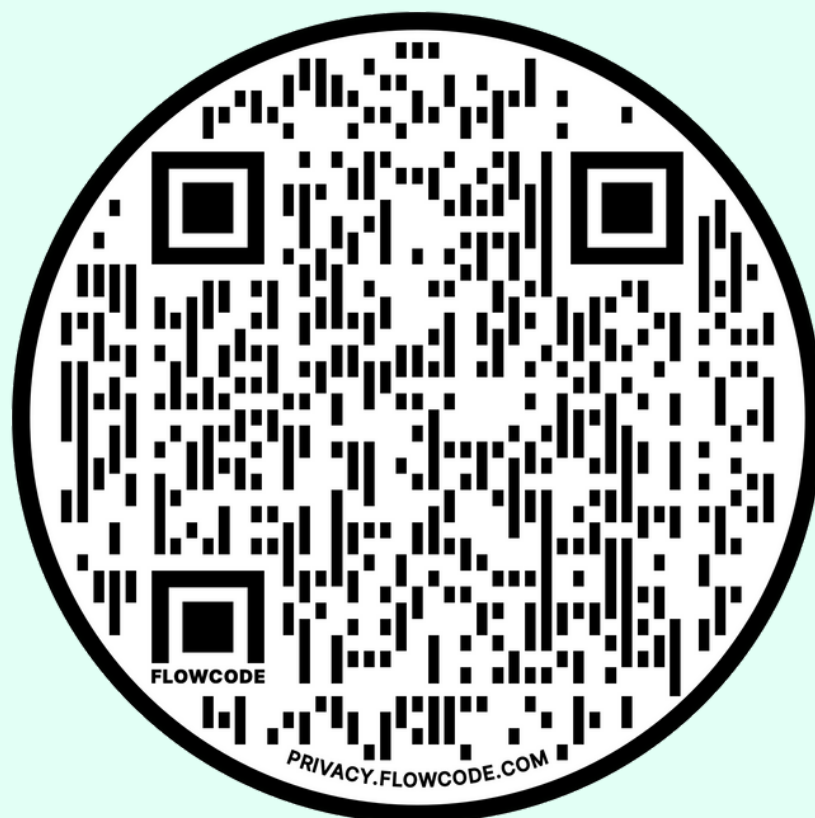
- DO listen and validate
- DO ask what they need from you
- DO offer to help with everyday tasks
- DO celebrate their wins, including the small ones
- DO read up on what they're struggling with
- DO recognize that not all mental health struggles look the same
- DO normalize talking about mental health

DON'T's

- DON'T compare their experience to others
- DON'T use stigmatizing language
- DON'T take their behavior personally
- DON'T be confrontational or try to control the situation
- DON'T get discouraged
- DON'T burn yourself out trying to support your loved one
- DON'T try to fix them
- DON'T avoid the feelings that come up for you

SCAN THIS QR CODE FOR “THE VIRTUAL PLACE OF HOPE”

Resources curated by
Heritage Behavioral Health Center



“Sometimes life can be challenging and it is seemingly harder as we are living in uncertain times.

This Virtual Place of Hope is designed to assist in identifying different strategies for managing emotions.”

Disclaimer: These tools are not psychological interventions or as a substitute for mental health treatment. If you need mental health treatment, please reach out to us at (217) 362-6262 (dial 1 for a crisis worker).

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NATURE ATTRACTIONS

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FAIRVIEW PARK

- 2095 W Eldorado St, Decatur, IL 62522

ROCK SPRINGS NATURE CENTER

- 3939 Nearing Ln, Decatur, IL 62521

SCOVILL SCULPTURE PARK

- 495-1325 S Country Club Rd, Decatur, IL 62521

SCOVILL ZOO

- 71 S Country Club Rd, Decatur, IL 62521.

NELSON PARK AND LAKE DECATUR

- 2475 Pavilion Drive, Decatur, IL 62521

ANNA BETHEL FISHER ROCK GARDEN

- E Lakeshore Dr, Decatur, IL 62521

HORACE B. GARMAN PARK

- Decatur, IL 62526

FORT DANIEL CONSERVATION AREA

- 4975 Fort Daniel Rd, Decatur, IL 62521

GARFIELD PARK

- 998 W Leafland Ave, Decatur, IL 62522

LINCOLN PARK

- W Lincoln Park Dr, Decatur, IL 62522

OAK GROVE

- 2230 W Center St, Decatur, IL 62526

ROTARY PARK

- 2450 US-51 BUS, Decatur, IL 62521

ALLERTON PARK AND RETREAT CENTER

- 515 Old Timber Rd, Monticello, IL 61856

LAKE OF THE WOODS FOREST PRESERVE

- 109 S Lake of the Woods Rd, Mahomet, IL 61853

THANK YOU FOR READING.
WE HOPE YOU FOUND THESE
RESOURCES USEFUL!



*"These days, it's safe to
assume that everyone is
struggling or has struggled
with mental health at some
point. Let's assume the best
in others, and be kind to one
another and ourselves."*

- Angela Miller, Director of the School of Theatre and Dance.

