

**Mental Illness:**

**Let's Talk About It!**



# Let's Talk About It

- ▶ Lisa Gleason – United Way, Executive Director
- ▶ Tim Givan – Family Member
- ▶ Kate Givan - Consumer
- ▶ Beth Akins – Dept Head/Clinical Integration  
Horizons Mental Health Center

# Let's Talk About It



- ▶ History of the Community Mental Health Work Group



# Let's Talk About It

- ▶ Community Mental Health Work Group Goals:
  - Place for Peer to Peer Interaction
  - Reduce the number of people with mental illness in the jail
  - Reduce the stigma of Mental Health in our community
  - Improve coordination with all providers and improve access to mental health services



# Let's Talk About It

- ▶ Talk, but be willing to listen too – simply being there for someone can make a huge difference

# Let's Talk About It



- ▶ Kate's Story.....



# Let's Talk About It

- ▶ Ask the Person how you can best help them – take their lead



# Let's Talk About It

- ▶ Avoid Cliché's like "I'm sure it will pass", "pull yourself together", "cheer up". Be open minded and non-judgmental



# Let's Talk About It



- ▶ Keep in touch with the person-send them a quick text or give them a call



# Let's Talk About It

- ▶ Don't shy away from letting them talk, but don't limit conversations to just mental health – talk about other things as well!



# Let's Talk About It

- ▶ Statistics say 1 in 5 people will experience a mental illness –



# Let's Talk About It

- ▶ Your role as a support person cannot be overstated!



# Let's Talk About It

- ▶ Upcoming Mental Health First Aid:

Adult

June 26

July 24

Youth

September 18

November 6<sup>th</sup>



# Let's Talk About It

- ▶ To Register:
  - E-mail: [akinsm@hmhc.com](mailto:akinsm@hmhc.com)

Or

- Call: 620-663-7595 ext 227