

# Mental Health and Self-Care:

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Taking care of yourself while you  
take care of others.

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*Orange County Department of Education, Educational Services  
OC MHSSA Grant Program*

# Grounding Exercise

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# Objectives

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1. **Brief overview of Mental Health**
  - a. **Signs and Symptoms of Anxiety and Depression**
  - b. **Differences between Stress and Anxiety**
2. **Importance of Mindfulness**
3. **Self-care Strategies**
4. **Resources**

# What is Anxiety?

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- Anxiety is defined as “an uncontrollable fear,” that is often illogical and unreasonable.
- It is common and some anxiety is considered “normal.”
- In severe cases, anxiety can be incredibly debilitating. On the other hand, symptoms can be mild but present every day.
- Anxiety frequently runs in families.

# Symptoms of Anxiety

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- Excessive worrying
- Fear
- Changes to eating and sleeping patterns
- Inability to focus or concentrate
- Intrusive thoughts
- Restlessness
- Fatigue
- Hypervigilance

# Anxiety vs. Stress

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- stress is a common reaction to a perceived threat, dangerous or high risk situation.
- Anxiety is our reaction to stress

# What is Depression?

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- Depression is not as simple as saying you or someone you know is sad.
- It is often characterized by a deep despair, loss of interest and motivation and by an inability to maintain regular levels of functioning
  - Emotionally, Physically, Mentally, Spiritually, and Behaviorally
- The causes of depression are varied, however, can be a combination of biological and external factors.

# Symptoms of Depression

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- Hopelessness
- Deep sadness
- Chronic fatigue
- Changes to sleeping and eating patterns
- Isolating and Withdrawing behaviors
- Loss of interest in doing things you used to enjoy
- Thoughts of death/dying and suicide
- Irritability





# COVID-19 and Mental Health

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- Hopelessness
- Excessive Stress
- Loss of Socialization
- Loss or reduction of accessibility to coping skills
- Internalizing others grief and loss

# Taking care of yourself





# CALIFORNIA SURGEON GENERAL'S PLAYBOOK: STRESS RELIEF FOR CAREGIVERS AND KIDS



# *Asking for help if a relationship or environment feels physically or emotionally unsafe*

- ❑ The National Domestic Violence hotline is 800-799-SAFE (7233)
- ❑ The National Sexual Assault hotline is 800-656-HOPE (4673)
- ❑ To reach a crisis text line, text HOME to 741-741
- ❑ Childhelp National Child Abuse Hotline: You can call 1-800-4-A-CHILD

# SELF CARE STRATEGIES

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# PARENTS – SELF CARE GOALS

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- ❑ Making a plan for what to do when I'm feeling stressed out, angry, or overwhelmed
- ❑ Planning with my partner, friends, or family to get the support I need
- ❑ Seeking help if I am not emotionally or physically safe
- ❑ Making regular video or phone appointments with my mental or behavioral health provider(s)



*\* Adopted from the CA Surgeon General's Playbook Stress Relief for Caregivers and Kids*

# PARENTS –SELF CARE GOALS

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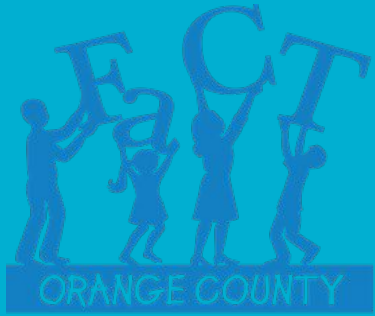
- ❑ Identifying my strengths and learning more about building resilience
- ❑ Calling 211 if I need help meeting basic needs such as food and shelter
- ❑ National Parent Helpline:  
Call 1-855-427-2736
- ❑ Create your own goal:



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*\* Adopted from the CA Surgeon General's Playbook Stress Relief for Caregivers and Kids*





# Families and Communities Together

**La Habra: (714) 447-3460**

**Manzanita Park/Anaheim: (714)  
491-7205**

**Anaheim Independencia : (714)  
826-9070**

**Stanton: (714) 379-0129**

- Counseling
- Parent Education
- Family Support Services
- Domestic Violence Empowerment Program
- Information and Referral
- Case Management Team Services
- Others depending on location may include
  - Application Assistance: Medi-Cal, CalFresh, & Covered California
  - Citizenship Classes

Being a parent is a critically important job, 24 hours a day. It's not always easy. Call the National Parent Helpline® to get emotional support from a trained Advocate and become empowered and a stronger parent.

<https://www.nationalparenthelpline.org>



**1-855- 4A PARENT**  
**(1-855-427-2736)**

**HOURS OF OPERATION:**  
Monday through Friday  
10:00 AM PST to 7:00 PM PST

Asking for Help is  
a Sign of Strength®

## REGIONAL CENTER:

# COMFORT CONNECTION FAMILY RESOURCE CENTER

Connects families who have children with special needs to community resources and support, free of charge.

- Learning Resources
- Parent To Parent Support
- Community Events And Activities

Monday through Friday, 9 a.m. to 5 p.m.

Phone: (714) 558-5400



<https://www.rcocdd.com/frc/ccfrc/>

# MENTAL HEALTH GOALS

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- ❑ Having a conversation as a family about emotional and mental health
- ❑ Learning more about mental health treatment options (e.g., counseling, therapy, psychiatric services)
- ❑ Identifying a local mental health professional
- ❑ Scheduling an appointment with a mental health professional or keeping regular appointments



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# MENTAL HEALTH GOALS

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- ❑ If I am feeling like I or my child is in crisis, I will get help
- ❑ The National Suicide Prevention Lifeline is 800-273-TALK (8255)
- ❑ To reach a crisis text line, text HOME to 741-741
- ❑ SAMHSA Disaster Distress Line 800-985-5990
- ❑ Create your own goal:

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If you are feeling overwhelmed with sadness, depression, or anxiety, or feel like you want to harm yourself or others, you can call the *National Suicide Prevention Hotline* at [800-273-8255](tel:800-273-8255).

# ONLINE RESOURCE FOR CHILDREN'S MENTAL HEALTH INFORMATION

- Support for Kids with ADHD during the pandemic
- How to help kids talk about learning disabilities
- Raising confident, independent children
- Keeping Kids engaged in remote learning
- Does My Child Need Help?
- Where to Go for Diagnosis Help
- What Should I Look for in Diagnosis?
- Who Can Assist With Treatment?



<https://childmind.org/audience/for-families/>

# EMOTIONAL SUPPORT

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LOS ANGELES COUNTY  
**DEPARTMENT OF MENTAL HEALTH**  
hope. recovery. wellbeing.

If you are feeling stressed, depressed or anxious and need to talk with someone contact @lacdmh

LA County Dept. of Mental Health 24/7

**Access Line: (800) 854-7771**

**Text: "LA" to 741741**

County Crisis Line







Thank you!

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