

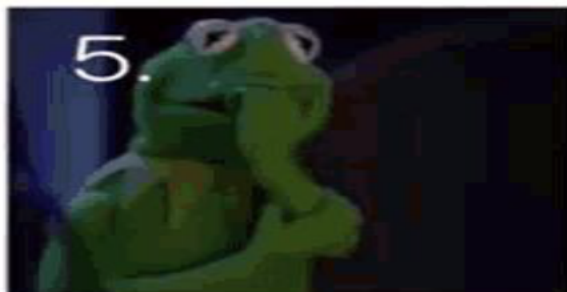


# **Navigating Mental Health**

**Understanding Mental Health  
A Family Guide**

**Engagement & Education  
Wellness Wednesday**

Which meme are you today?



Kenda Roman



I also go by Pastor K.



Police & Funeral Home  
Chaplain



*My FAVORITE is MOM!!!*



**Beloit Memorial High School in '86**



**Master's Degree in  
Professional  
School Counseling**



**Undergraduate Degree  
Elementary Education w/ Minor in EC**



**Second Master's Degree  
Curriculum & Instruction w/concentration  
in  
Trauma & Resilience**

# What is Mental Health?

**Mental health is...**

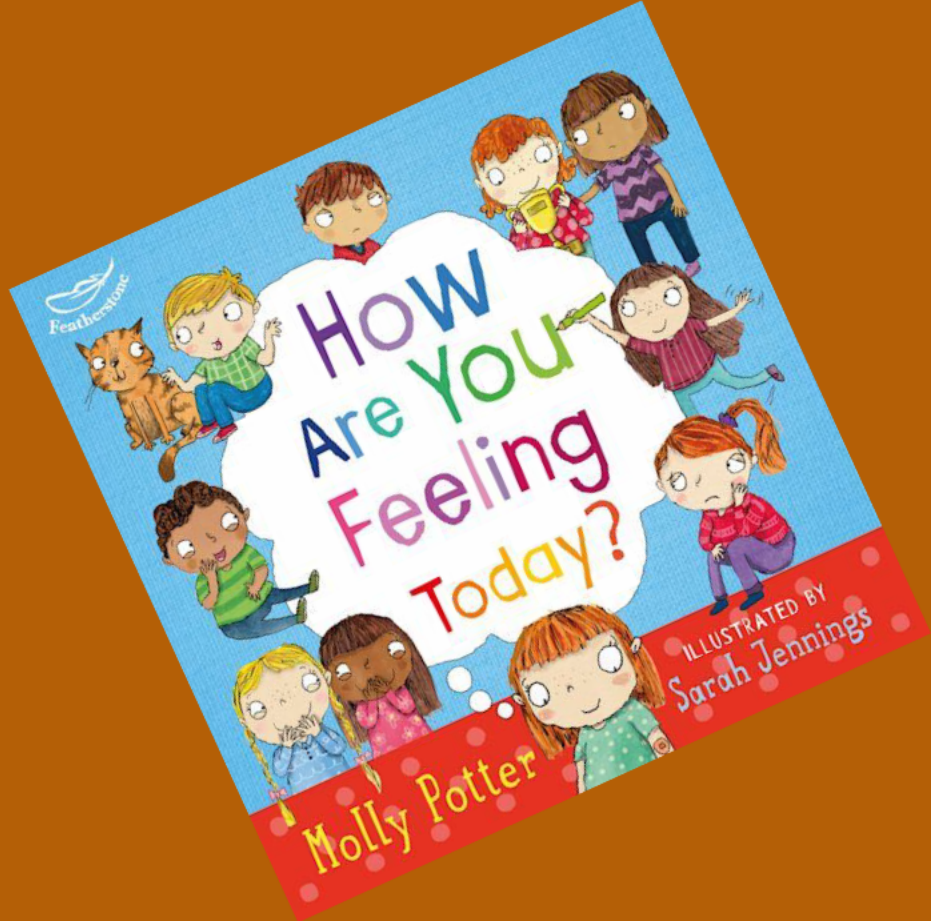
**How we think, feel, and act.**

**It's important for making friends,  
learning, and handling challenges.**

**We can break the stigma.**



# My Mental Health



M \_\_\_\_\_  
Y \_\_\_\_\_

M \_\_\_\_\_  
E \_\_\_\_\_  
N \_\_\_\_\_  
T \_\_\_\_\_  
A \_\_\_\_\_  
L \_\_\_\_\_

H \_\_\_\_\_  
E \_\_\_\_\_  
A \_\_\_\_\_  
L \_\_\_\_\_  
T \_\_\_\_\_  
H \_\_\_\_\_

# Mental Wellness Community Building





# Activity

Put your finger down...



Turn & Talk



# How would you respond?



# Resources



**PSYCHOTHERAPY CENTER OF  
WAUNAKEE**

<https://988lifeline.org/chat/>

**ROGERS**  
Behavioral Health



## The 988 Suicide and Crisis Lifeline, available 24/7: 988

- **Veterans Crisis Line** press 1, or send a text message to 838255
- **Deaf or Hard of Hearing** use video relay or voice/caption at main number, or for TTY dial 711 then 988
- **En Español**, Nacional de Prevención del Suicidio: Dial 988

The 988 Suicide and Crisis Lifeline can also be contacted through Lifeline Chat.

Crisis Text Line: Text **HOME** to **741741** to text with a trained crisis counselor, available 24/7.

A list of Wisconsin county crisis lines can be found at <https://www.preventsuicidewi.org/county-crisis-lines>.

The Trevor Project, a crisis intervention and suicide prevention service for LGBTQ young people, available 24/7.

- TrevorLifeline, call **1-866-488-7386**
- TrevorText, text **START** to **678678**
- TrevorChat, **instant messaging** (with computer)

**ANY**  
**QUESTIONS?**

**Thank YOU!!!**

# Thanks!

**Do you have any questions?**

████████████████████  
WUSD Mental Health Coordinator  
████████████████████

