



Mental Health Newsletter

Cooperative Extension Service • Extension Family and Consumer Sciences • Spring 2022 Edition

CES Behavioral Health and Wellness Team:

Amanda Benton

abenton@nmsu.edu

Laura Bittner

lbittner@nmsu.edu

Bea Favela

bfavela@nmsu.edu

Desaree Jimenez

deswhitf@nmsu.edu

Karim Martinez

karmarti@nmsu.edu

LaJoy Spears

lrspears@nmsu.edu

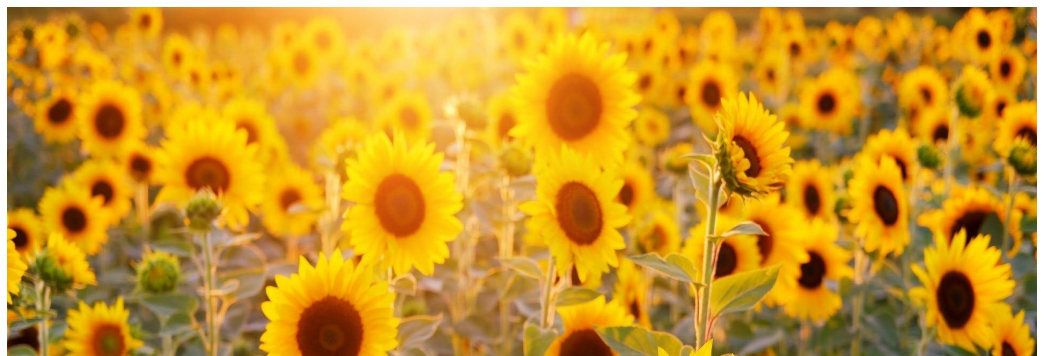
Marcy Ward

maward@nmsu.edu



Sunflowers are believed to follow the sun and are well-known for being a happy flower. Sunflowers symbolize that depression can be successfully treated. Like sunflowers stand and find the sunshine, WE can stand tall even on the darkest days.

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



New Mexico Path to Wellness

A path to wellness offers information for people to help themselves or others who are experiencing mental health, suicide, or substance use concerns.

Call toll free:

- ✓ Crisis and Access Line: 1-855-NMCRISIS (662-7474).
- ✓ Available 24 hours a day, 7 days a week, 365 days a year.
- ✓ The New Mexico Healthcare Worker and First Responder Support Line: 1-855-507-5509
- ✓ Peer-to-Peer Warmline: 1-855-4NM-7100 (466-7100).
- ✓ Call 7:00am-11:30pm or text 6pm-11pm, 7 days a week, 365 days a year.
- ✓ For Speech and/or Hearing-Impaired callers:
 - ✓ TTY Line: 1-855-227-5485 (Crisis Line Only)
 - ✓ New Mexico Relay (operated by Hamilton Relay):
 - ✓ Dial 711 (Crisis Line and Warmline)
- ✓ For non-English speaking callers:
 - ✓ Interpretation is available



Crisis and Access Line

Call to connect with a counselor.

1-855-662-7474

Toll Free 24/7/365



Call 1-855-NMCRISIS for:

- ✓ Administrative requests for training
- ✓ Requests to talk about crisis line or warmline services at your agency
- ✓ To participate in community events
 - ✓ Media inquiries
 - ✓ Public awareness materials
 - ✓ Any other inquiries

Around the state...

Freshman Academy Nutrition Course for Mental Health ~Mindy Turner, Curry County~

Behavioral health challenges are prevalent in New Mexico among both youth and adult populations. Extension personnel partnered with the Clovis High Freshman Academy Nutrition Class to conduct programming related to nutrition while encouraging positive mental health among teens. 71 teenagers participated in the four-part series throughout the fall semester. 97% reported an increase in knowledge related to nutrition. 84% have the confidence to teach others what they have learned. 97% now believe they can follow the steps necessary to complete a task and 94% reported they are comfortable working in a team to achieve a common goal.

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Storms
Don't
Last
Forever.



Take the Stress Test: How Stressed are YOU?

Directions: As you enter the room please take a moment to read the questions and reflect on the questions below. This is for your own reflection and will not be shared.

Do YOU????	YES or NO
Do you feel tired all the time or have trouble sleeping more than one night a week?	
Do you have a hard time relaxing or feel unable to relax often?	
Do you forget things often?	
Are you frequently angry and tired at the end of the day?	
Do you often feel under pressure?	
Do you often argue, even about minor things?	
Do you feel that you never have time for yourself?	
Do you find yourself not wanting to socialize with others?	
Do you find you lack the patience with others and feel others are often wrong about things?	
Do others tell you that you seem tense or upset?	
How many questions did you answer <u>YES</u> to?	Total:

Everyone has bad days and feels some of the above occasionally, but if you have answered 'yes' to two or more of these questions and/or feel this way regularly, chances are that you are stressed! (uvm.edu)

THE DOLPHIN STRESS TEST

Here is a picture of two dolphins. If you can see both dolphins your stress level within the acceptable range. If you see anything other than two dolphins, your stress level is too high, and you need to stay home and rest.

**Laughing is,
and will always
be, the best
form of therapy.**



****Funding available for professional development and program delivery in mental health and suicide prevention training****

The NM Farm and Ranch Stress Assistance Network Project (FRSAN) is a collaboration between the NMSU Cooperative Extension Service, the NM Department of Agriculture and the NM Farm and Livestock Bureau. The goal of the project is to support health and wellbeing of Ag communities. Outreach can be to farm and ranch communities as well as 4-H members, parents and volunteers.

Funding available for Extension professionals and community partners:

- To attend mental health professional development
- To be trained as instructors in evidence-based programs such as Mental Health First Aid and/or Question, Persuade, Refer, etc.
- To support delivery of educational workshops that address issues of farmer stress. Topics may include, stress and resilience, finances, mental health, etc.

For more information contact Tom Dean, tdean@nmsu.edu, Marshal Wilson, mwilson@nmda.nmsu.edu, or Karim Martinez, karmarti@nmsu.edu



The CES Behavioral Health and Wellness Team presents our quarterly newsletter to keep you informed of programs and resources to promote mental health and wellness in your communities. Please let us know your recommendations for topics or information to include in future newsletters.



The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and Extension programs.