

California Community Colleges Student Mental Health Program



California Community Colleges: Seeking Mental Wellness for the Next Generation

The California Community Colleges Student Mental Health Program are proud to be a critical partner in a statewide effort to empower young people to attain a higher state of mental health, boosting their success on campus, and setting the stage for living well throughout life.

This year, Tuesday, May 13, 2014 has been designated Mental Health Matters Day throughout California. California's Community Colleges encourage faculty, staff and students to take this opportunity to:

- Learn about the role our system plays in a statewide effort to prevent suicide and reduce stigma and discrimination around mental health challenges [here](#).
- Take a personal pledge to be a part of California's exciting new movement for mental wellness [here](#).
- Take advantage of [new resources](#) available to let students know its okay to talk about their feelings, get help, or intervene when a family member or friend is in crisis.

Through "[Each Mind Matters: California's Mental Health Movement](#)" the California Community Colleges are standing together with thousands of individuals and organizations in a unified call for inclusion and acceptance for people living with mental health challenges. Statewide, we are leaders deploying new strategies that reach students before they experience a crisis from mental health challenges or when they exhibit the first signs of distress. Studies show prevention and early intervention offer the best chance to prevent mental illness or reduce its symptoms.

That's why California's Community Colleges have partnered with CalMHSA, an organization of county governments working together, to:

- Train more than 17,000 students and faculty and staff members about suicide prevention through online role-playing simulations.
- Empower 146 transition-aged foster youth to access resources and services that improve their mental and physical well-being.
- Train over 2,500 students and faculty and staff members to create a more supportive environment for LGBTQ students, and offer assistance and referrals to support services on campus when students exhibit signs of distress.
- Hold 36 regional trainings to improve campus resources for veterans, peer-to-peer support, and strategies to identify signs of distress in students.

www.cccstudentmentalhealth.org

The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded through the voter-approved Mental Health Services Act (Prop 63). Prop 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.

Mental Health Matters Day

You can increase the impact of our efforts by becoming involved in Mental Health Matters Day. Join thousands from across California who will come together in solidarity on May 13, 2014 to support this growing movement and raise awareness that mental health is an essential part of well-being.

- **At the State Capitol in Sacramento:** thousands will converge for a march and rally to raise awareness that Mental Health Matters. Young leaders who are at the forefront of California's Mental Health movement are among those who will share their stories. [Join us](#).
- **Participate from anywhere in the state:** show your support with our social media tools and resources, and take the Each Mind Matters pledge [here](#).

New Resources

California's growing Mental Health Movement provides an opportunity for California Community College educators, staff, and students to partner with our sister systems, county partners, and community organizations to share resources and strategies. CalMHSA's partners have developed a host of new tools and resources that can be useful to champion change on campus:

- New resources developed specifically to support California Community College students including: [Identifying and Referring Distressed and Disruptive Students](#), [Supporting Transition-Aged Foster Youth](#), [Supporting Lesbian, Gay, Bisexual, and Transgender Students](#), [Suicide Prevention on College Campuses](#), and [Supporting Student Veterans](#).
- Research shows one of the most effective ways to raise awareness and reduce stigma is through the face-to-face sharing of personal stories. Find ways to talk about mental health issues through [Active Minds](#).
- Share [Each Mind Matters key messages](#) with classmates and friends.
- [SuicideisPreventable.org](#) helps us find the words to say and the resources to reach out to for help in crisis.
- Know a young person struggling with difficult thoughts and feelings? [ReachOut.com](#) is a way young people can connect with others understand what they're going through and offer support.

I hope you see you on May 13, 2014 for Mental Health Matters Day in Sacramento. Meanwhile, for more information visit www.eachmindmatters.org, or email eachmindmatters@gmail.com.