



The O'Neill School's Office of  
Diversity, Equity & Inclusion with  
Students for Change presents:

# *truth & courage*

A MENTAL HEALTH INITIATIVE FOR  
UNDERSTANDING PERSPECTIVES,  
SHARING RESOURCES, &  
REDUCING THE STIGMA





# Ask Yourself:



The content of this booklet contains themes of and related to depression and anxiety

Do you or someone you know struggle with depression, anxiety, and or stress?

Would you be interested in what it takes to relieve symptoms and heal from trauma?

**YOU CAN MAKE A  
SIGNIFICANT IMPACT  
BY EXPRESSING VALUE**



From casual conversation to intentional demonstrations - expressing value for yourself and others can positively impact mental health and reduce associated stigmas

# Understanding Why

Depression, anxiety & stress are often related to person's perceived self-worth. This may be correlated with factors such as:

Health of Interpersonal relationships

History of abuse

Appropriate Work-Life Balance

Historic Oppression

Family mental health trends

Ability to obtain basic needs

Educational achievements

Physical, Developmental or Neurological Ability

Physical and or Emotional Health

Sense of belonging

Depending on an individual's situation or identity, they may be more likely to experience additional struggles impacting mental health:

**Bias:** A conscious or unconscious preconceived judgement of an individual based on a generalization or stereotype of their represented population

**Discrimination:** Treating individuals and groups of people differently and often worse, through language, behaviors and policies, based on generalizations assumptions of a demographic

**Microaggressions:** A statement, often with good intentions, that implies a flaw found in an individual's demographic

**Imposter Syndrome:** When individuals feel undeserving of an opportunity, often because they are part of an under-represented population

# Steps to Heal

This list is some of the ways to show how much you value yourself and those around you. Done regularly, these activities can improve mental health symptoms significantly.

## Reflection

- **For Yourself:** either in a journal or meditation, reflect on interactions, accomplishments, goals & desires. Address any personal realizations, struggles & potential aid, solutions or next steps.
- **With Others:** Offer support to a someone in need. If they feel comfortable, ask appropriate questions that will help guide them towards understanding what they need and additional steps.

## Words of Affirmation

- **For Yourself:** Upon reflection, be sure to be kind to yourself. In reacting to mistakes or stressors, make sure to speak to yourself the way you would speak about a friend. Be sure to celebrate all your accomplishments, even the little milestones. Write down motivational quotes from people you admire.
- **For Others:** Remind those struggling how capable and valued they are, either through speech or in writing. Be sure to be positive, but not in a way that undermines their challenges.

## Giving

- **For Yourself:** Reward yourself when you meet a milestone. Donate your time or money to causes you care about to help feel more positive.
- **For Others:** Give gifts or handwritten notes to people in your life who many need some positivity.

## Acts of Service

- **For Yourself:** Be sure you are taking care of yourself physically, emotionally and mentally. Give yourself breaks throughout the day to take deep breaths, reflect on your accomplishments, eat and drink water. Take some time to exercise throughout the week, even if it is just taking walks. Try to keep your sleep, work and living spaces organized and clean to help limit stress.
- **For Others:** Ask for ways you can help friends, family members or colleagues. Invite someone in need to go with you to run errands, study or exercise. If busy, try asking if you can deliver food or other supplies.

## Quality Time

- **For Yourself:** Make time throughout your week to do something fun for yourself. Reinvest in or discover new hobbies to grow in other ways.
- **With Others:** Be intentional in how you socialize. Ask someone you know who is struggling to join you on fun adventures. Learn about their favorite activities or hobbies and schedule times to do them together.

## Seek Care

- **For Yourself:** Reach out to a professional about how you can improve your mental health. Think of these options as ways to keep up with health, like exercise or eating healthy foods. You do not need to wait until life becomes extra challenging before reaching out.
- **For Others:** Ask someone you are concerned about their efforts to improve their mental health. Suggest school-wide, local, regional or national resources. If trying out therapy for the first time, offer to drive them, wait in the lobby for them, and or grab a coffee afterwards.

# Showing Care

## KEEP IN MIND:

- 1** **Be patient**, respectful and understanding of yourself and/or those who confide in you. Do not underestimate the struggles or challenges being faced.
- 2** **Be cautious** when expressing positivity. Sometimes it helps to have negative feelings acknowledged rather than set aside to mention the positive perspective.
- 3** **Conduct QPR if necessary**. **Question** or ask about the state of their mental health. **Persuade** yourself or those in need to seek additional care. **Refer** yourself or others to helpful resources

## Supportive Statements: For yourself & others

- "I know things have been challenging lately. Please remember that
  - (self) you have people who love and care about you
  - (others) I am here for you if you ever need anything
- "I am sorry about what you are going through. Your emotions are incredibly valid and you have every right to feel this way.
- "Try to be less hard on yourself when making mistakes. You are only human and I know you would never treat a friend this way if they made that mistake. Be kind to yourself."
- "You are so loved and you are never a burden."
- "Never underestimate how much you are needed here. Even if there are not a lot of other people here who share your experiences, you are so valued. Your perspective is needed and your presence is important. "

# Resources:

**Crisis Lines are listed on the back cover**

## **Indiana University Resources:**

offering individual and group services

- **Counseling & Psychological Services (CAPS)** 812-855-5711;  
<https://healthcenter.indiana.edu/counseling/>
- **Office of Sexual Violence Prevention and Victim Advocacy** 812-856-6687  
<https://healthcenter.indiana.edu/counseling/sexual-assault>
- **O'Neill Office of Diversity, Equity & Inclusion**  
[odei@indiana.edu](mailto:odei@indiana.edu) [oneill.indiana.edu/about/diversity](http://oneill.indiana.edu/about/diversity)
- **Submit a CARE Report** for yourself or others  
<https://studentaffairs.indiana.edu/student-support/get-help/submit-care-referral.html>
- **Cultural Centers**
  - Asian Culture Center
  - First Nations Educational and Cultural Center
  - LGBTQ+ Culture Center
  - La Casa Latino Cultural Center
  - Neal-Marshall Black Culture Center<https://diversity.iu.edu/cultural-involvement/index.html>

- **Crimson Cupboard Food Pantry** 812-855-1924;  
<https://studentaffairs.indiana.edu/student-support/crimson-cupboard/index.html>
- **Division of Student Affairs** for access to a Student Advocate 812-855-0761;  
<https://studentaffairs.indiana.edu/student-support/advocates/index.html>

## Indiana Resources:

- **Middle Way House** 24/7 support (812) 336-0846; **crisis line listed on back cover**; <https://middlewayhouse.org/>
- **Indiana 211** for finding more specific local resources  
<https://in211.communityos.org/>
- **Indiana Energy Assistance** <https://ihcda.rhsconnect.com/>

## Finding Local Resources:

- **Internet Essentials** for more accessible internet or Wi-Fi  
<https://internetessentials.com/>
- **Food Pantries** find food pantries in your area  
<https://www.foodpantries.org/>

# For more Resources & Information

## Crisis Lines

- CAPS 24/7 Crisis Line 812-855-5711 select option 1
- IU Sexual Assault Crisis Service 812-855-8900
- Middle Way House Crisis Line -- (812) 336-0846
  
- National Suicide Prevention Hotline -- 1-800-273-8255
- Crisis Text Line -- Text Hello to 741741
- National Domestic Violence Hotline -- 1-800-799-7233
- Rape, Abuse & Incest National Network -- 1-800-656-4673
- National Deaf Domestic Violence Hotline -- 1-855-812-1001
- LGBT National Hotline -- 1-888-843-4564
- The Trevor Project -- 1-866-488-7386 or text START to 678678
- Trans Lifeline -- 1-877-565-8860
- Substance Abuse & Mental Health Services Administration National Helpline – 1-800-662-4357



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SCHOOL OF PUBLIC AND ENVIRONMENTAL AFFAIRS  
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