

**SAY IT
BRAVE**
ON CAMPUS

**SUICIDE
PREVENTION
AWARENESS
MONTH**

**Event and
Resource Kit**



**Eating
Recovery
Center**



**Pathlight
Mood &
Anxiety
Center**

CONTENTS

Hosting and Organizing a Say It Brave on Campus Series Event.....3

Watch Party Tip Sheet.....4

Post-Watch Party Discussion Questions6

Event Ideas and Resources.....8



Hosting and Organizing a Say It Brave on Campus Series Event

Say It Brave on Campus is a free, stigma-ending storytelling series that tackles the uncertainties and complexities of mental health with real conversations and resources for students and campus professionals. Join us during Suicide Prevention Awareness Month, World Mental Health Day, Mental Well-Being Month and Eating Disorders Awareness Week to:

- Share and hear lived experiences on loneliness, anxiety, depression and eating disorders
- Learn how to host watch parties, panel discussions and awareness activities at your school using our free Say It Brave event kits
- Gain invaluable resources for yourself, teammates and friends from leading national nonprofit organizations and mental health advocates

Organizing a campus event can be challenging! To make planning and executing your event easier, Say It Brave on Campus has provided this kit with everything needed to host a successful campus event. These resources include:

- 1 Watch Party Tip Sheet**
For student organizations, athletic departments, residence hall advisors and/or counseling and health center staff, this list provides tips for planning an event on campus.
- 2 Post-Watch Party Discussion Questions**
We provide sample discussion questions for post-watch party panel discussions, in addition to answers and resources for the facilitators.
- 3 Event Ideas**
The Say It Brave on Campus events correspond with national awareness months, so we provide ideas and tips for events that you can host to reduce the stigma of mental health on campus and encourage connectedness, community and self-care.
- 4 Resources**
We provide a list of resources so that watch party and event attendees can get more information - virtually or in-person - about the nonprofits involved, seek support from organizations and learn more about the topic discussed.

Watch Party Tip Sheet

There are several components to creating a successful, engaging watch party for the Say It Brave on Campus series. We provide tips on each of the following areas: space, setup, campus support, post-watch party discussion panel and getting the word out.

TIP 1

Begin with identifying a space today, as campus space books up quickly. Look for a space that will provide the following:

- Accommodation for approximately 25-50 people (larger if you anticipate more people).
- A large screen with AV setup and Wi-Fi.
- Seating that allows easy viewing of the screen and conversation after the event (e.g., a lecture hall with room for a panel to set up in front or a ballroom with table rounds).
- If you want to provide refreshments or food, look for a space that accommodates this.

TIP 2

Congratulations, you've identified a space! Now let's consider how to set up that space for the best possible event.

- Identify an area for student and campus organizations to set up resource tables (e.g., Morgan's Message chapters, Active Minds chapters, Counseling Center, LGBTQ+ Resource Center, Multicultural Center, Women's Center, Campus Suicide Prevention Center).
- Select an area for your post-event panel to set up.
- If you're serving refreshments, identify a good space for the food – ideally, after the resource tables to encourage students to walk by the resource tables first.
- Post signs outside the room to assist participants in finding the space and make sure signs are inviting.

TIP 3

While the goal of these events is to raise awareness and destigmatize mental health conditions, it's important to consider that these can be highly sensitive topics. Be sure to enlist campus support personnel to be present to talk with any students who may need additional support and to serve on the post-event panel.

- Identify campus support departments to be represented at your event. We encourage you to enlist counseling center staff, health center staff, residence hall advisors and/or athletic support staff.
- Invite campus support personnel to set up resource tables at the event and serve as panelists at the post-event discussion.
- Include campus support resources in any flyers or materials that you provide to students who attend the watch party.

TIP 4

Say It Brave on Campus events are designed to stimulate discussion, interest and questions. Plan a post-event panel to lead a discussion with students following the presentation. Consider inviting the following individuals to be part of the discussion:

- A campus support staff member to answer sensitive questions and guide the discussion.
- Mental health student organization leaders (e.g., Morgan's Message, Active Minds, The Hidden Opponent) to contribute their perspectives.
- Students, faculty or staff with lived experience to share their insights.

TIP 5

You've planned a great campus event! Use the following tips to get the word out to students.

- Get approval from your campus to post event flyers (attached) in public spaces across campus (e.g., dorms, student unions, academic departments, library).
- Share on your websites and social media channels.
- Encourage campus organizations and departments to share on their websites and social media channels.
- Enlist campus departments such as Greek life or residence hall advisors to incentivize attendance by giving students points or some type of credit.
- Ask campus professors/departments to provide extra credit to students who attend (e.g., psychology, sociology, health sciences, counseling).

TIP 6

Get to know the departments and organizations that support mental health and wellness on campus and in your local community. Add them to the resource list.

- Campus Departments:
- Campus Organizations:
- Community Organizations:

Our team is here to help you every step of the way. If you need support or have any questions in regard to Say It Brave on Campus watch parties, please email SayItBrave@ERCPATHLIGHT.COM.

Post-Watch Party Discussion Questions

To keep the conversation going, ask watch party participants to stay after the presentation for a post-watch party discussion. Invite campus support personnel, student organization leaders and individuals with lived experience to be part of a panel discussion. Use the following questions to guide an informative and engaging conversation.

1 How have you initiated a conversation with a friend that you were concerned about in the past?

- What I see... (what is the behavior that is causing concern?)
- What I fear... (express your concerns about the behavior)
- What I hope... (connecting person with professional resources to get support)

Scan to
Learn More



2 Which resources would you use if you thought someone was struggling?

- Seek professional support from the campus counseling center on how to take care of yourself and connect with others for support.
- Talk with your residence hall advisor, faculty members or other supportive individuals in your life about how to help.

3 If someone comes to you and expresses that they have suicidal thoughts, how do you take care of yourself?

- Be a supportive listener, avoid giving specific clinical advice and direct them to professionals who can help. If possible, walk with them to the counseling center for support.
- Seek support from the counseling center, talk to supportive individuals in your life and educate yourself about suicidality so that you recognize it's not your fault.

4 How have you personally been impacted by suicide?

- Guide a supportive conversation. If the conversation gets too intense or triggering, ask a campus mental health provider to step in.

5 How do you identify the feeling and take care of yourself when you're experiencing loneliness?

- Differentiate between "being alone" and "loneliness." (Loneliness is how we feel about the time we spend alone, and the leading reason people seek counseling.)
- Develop a constructive conversation that highlights stress reduction techniques, self-care strategies, etc.
- Avoid topics that may be symptoms of other mental health issues (e.g., substance use, eating disorder behaviors).

6

When do you feel the most connected and how do you identify that feeling?

- Emphasize the concept that everyone needs connection and deconstruct the idea of “going it alone.”
- Discuss interventions for connection that include Dr. Kristin Neff’s three elements of self-compassion: self-kindness vs. self-judgment; mindfulness vs. overidentification, and common humanity vs. isolation.

7

Which community or campus resources have you found to be the most supportive?

- Guide a conversation about all available resources on campus and in the larger community.
- Use the resource guide as a starter to get the conversation going.

8

How do we end stigma and normalize having these discussions on our campus?

- Guide a discussion about what your campus and students can do to provide a safe space for events and conversations about mental health. How do you keep the momentum going following this event?

9

Which student organizations on campus challenge mental health stigma and raise awareness?

- Create a list of student organizations on your campus that challenge mental health stigma to share with the students in attendance.
- Ask what is missing and solicit information on how you can create an organization that addresses gaps on your campus.

10

What can I do as an individual to avoid perpetuating mental health stigma?

- Normalize having discussions about the increase and impact of loneliness and understand that shame about loneliness causes increased isolation.
- Guide a conversation about language and attitudes that may be stigmatizing. Offer alternatives to phrases that use mental health terms to describe behaviors, events, feelings, etc.

Event Ideas and Resources

The following is a list of campus events that you can host anytime during Suicide Prevention Awareness Month to "say it brave" and reduce mental health stigma on campus. Consider joining with campus departments and organizations to host one or several events.



Stress-Free Zone

Create a space with stress-relieving items such as coloring books, stress balls, bubble wrap runways, Play-Doh, Legos, Silly Putty, bubbles, etc.

Ask campus departments to donate items, such as stress balls, to keep the cost low.

- Ask the engineering department to donate Legos to encourage STEM activities.
- Ask the art or life sciences department to donate art supplies.
- Ask local stores to donate items for a stress-free zone on campus in exchange for including their logo on the list of sponsors.



Mental Health Bags

→ Create a space on campus where students can compile their own mental health bag from the following: journals, pens, teas, create your own essential oil station, handwritten note cards with positive messages, bath bombs, chocolate, cookies, popcorn station, etc.

- Ask campus departments/organizations and community businesses to donate items to keep the cost low.
- Ask campus organizations to throw a party to create items for the event.



Mental Health Resource Fair

Invite all departments and organizations that support mental health and wellness on campus to gather to promote their services.



Participate In Or Host An American Society For Suicide Prevention Out Of The Darkness Campus Walk

Host an Out of the Darkness or similar walk to raise awareness for suicide prevention and invite campus organizations and departments to participate.



"You Matter" Sticky Note Campaign

Get several stacks of sticky notes and art supplies (you can ask local businesses or campus departments to donate) and ask student organizations to decorate a few packs of sticky notes with messages reminding fellow students that they matter. Encourage people to pass out the sticky notes in classrooms, in front of busy student areas, or to leave them (where allowed) on campus for students to find.



Spoken Word Event

Organize an event where students can express themselves creatively.



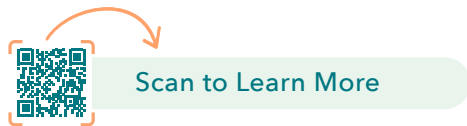
Social Media Posts

Utilize the resources below to regularly post to your organization's social media accounts. We encourage you to post at least once per week during Suicide Prevention Awareness Month.



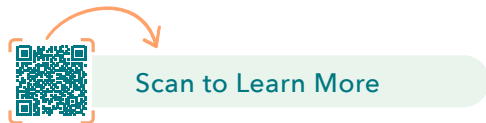
The Things We Don't Say

Learn about stigmas, understanding self-care and the basics of mental health in The Things We Don't Say, a proactive suicide prevention tool by Hope For The Day.



Advocate for Change

Encourage your community to join NAMI's "stigma-free" campaign. If your campus has a political science department, ask that department to provide a presentation on how to advocate for policy changes on the state and federal level. Consider asking them to help you understand current policies that might impact mental health crisis response.



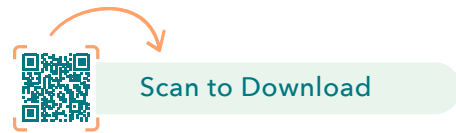
Start or Join a Nonprofit Chapter



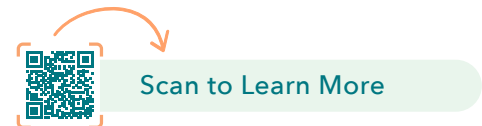
Become a Robbie's Hope Ambassador or Join the Hidden Opponent's Campus Captain Program



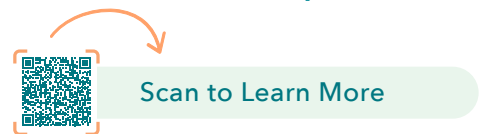
Download the World Suicide Prevention Brief and Statistics and Share With Others



On September 7th, Participate in Only 7 Seconds "Share Day"



Create a Heart Wall Sticky Note Installation on Campus



GET ADDITIONAL RESOURCES FOR YOU, YOUR FRIENDS AND FELLOW STUDENTS

For a comprehensive list of suicide prevention awareness resources... *Scan Me!*

