



MENTAL HEALTH RESOURCES

FarmHouse Fraternity takes your mental health seriously. We have compiled this list of resources to help our members in time of need.

Mental illness is not just suicide or suicidal thoughts, but also includes illness such as depression, anxiety or stress. According to Active Minds, 50% of all people experience a mental health condition in their lifetime. Additionally, 67% of young adults tell a friend they are struggling before telling anyone else. We want you to have the knowledge and skills to identify potential signs of mental illness amongst individuals in the Fraternity or yourself.

Founded in 2003, Active Minds is a nonprofit organization dedicated to raising mental health awareness, especially among young adults, via peer-to-peer dialogue and interaction. We believe “it’s okay to not be okay” and are sharing these Active Minds video resources with you to help you succeed as a member of FarmHouse and as a young adult. If you believe a member is going to harm himself, you should dial 911 immediately. Notifying an officer or campus representative should come second.

VIDEO RESOURCES

- 1. Maintaining Your Emotional Health while Compassionately Approaching Future Transitions with Your Chapters**
- Audience: fraternity/sorority members and chapter leadership
- 2. Anxiety in the Time of COVID-19**
- Audience: all audiences
- 3. Sleep, Self-Care, and Sharing a Productive, Healthy Indoor Environment: Everything Students Need to Know about Mental Health during COVID-19**
- Audience: students
- 4. Student Chat: Student-Led Mental Health Advocacy in an Era of Physical Distancing**
- Audience: Student mental health advocates
- 5. Communicating in Quarantine: Tips to Encourage Mental Wellness in Close Quarters**
- Audience: young adults, parents, remote workers, neighbors/community members

ACCEPTS

A Trick from Dialectical Behavior Therapy (DBT)

ACCEPTS is an acronym to help you tolerate distressing emotions until you are more easily able to address them. The tool should be used when you are feeling such intense emotions that you cannot just sit in them — when you need to distract yourself.



Activities - Engage in something you enjoy to keep yourself busy.



Contributing - Do something kind for another person.



Comparisons - Remind yourself of a time when you overcame a challenge before.



Emotions - Practice the Opposite Actions skill to reduce the negative emotion you're feeling.



Pushing away - Set the problem aside for a bit and schedule a time to come back to it.



Thoughts - Do something that takes all of your mind's energy, like a puzzle or saying the alphabet backward.



Sensations - Use your five senses to offer a strong physical sensory experience. Hold ice or take a cold shower. Listen to loud or dissonant music.