

**When Something Has to Give:  
Tools for Navigating a Mental Health Crisis**  
Presented at the Marigold Member Libraries' Workshop  
May 15, 2019

### **Why Libraries?**

- Accessibility
  - Knowledge
  - Information
  - Resources
- Community
  - Patrons
  - Staff
- We're all affected.

### **Red Flags**

- Lethargy
- Isolation
- Apathy
- Frustration
- Dissociation
- And many more...
  - Is it really "all in your head?"
- These are different for everyone.

### **Self-Knowledge**

- The Tylenol® Principle
  - "Get back to your normal, whatever your normal is."
- Important Moments in Self-Knowledge
  - "Something is Wrong" – the vague feeling of not being quite yourself.
  - "Oh No" – the moment of realization.
- The Self-Knowledge Process
- Everyone's "normal" is different.

### **Reaching Out**

- There are always options.
- Consider:
  - Who is my support system?
  - Who cares?
  - Who can I talk to?
  - Is this comfortable...
    - ...for you?
    - ...for others?

## **Facilitating Recovery**

- Identify and remove stressors.
  - Small stressors make a big difference.
- Take some time off.
  - Mental health days are valid.
- Recovery Clichés (#selfcare)
  - They aren't a substitute for medication or therapy, but they work.
- There are always options!

## **Talking About It**

- Empathy
  - Bridging the “empathy gap”
  - Common ground
- Understanding
  - Our similarities
  - Our differences
- Awareness
  - Prevalence of mental health struggles
  - Importance of the issue
- Community
  - Additional support
  - Always keep comfort in mind!
- Healing
  - Having community support feels good.
  - Therapy is talking.