



# Mental Health & Suicide: Helping Yourself & Others

## Overview

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Many students struggle with depression and anxiety every day and have mental health issues that interfere with their ability to succeed academically, personally, and socially. Do you know the signs of a mood or anxiety disorder? Would you know how to intervene if a friend were suicidal? This video will review signs of several common mental health issues and what practical steps to take to respond to a mental health crisis and make mental health referrals.

### Objectives:

#### Students will learn:

- Examine the prevalence and demographics of mental illness in the United States
- Understand the symptoms of Major Depressive Disorder, Bipolar Disorder, Panic Disorder, and Posttraumatic Stress Disorder
- Gain insight into the nature of suicide by identifying common myths and facts surrounding suicide
- Learn warning signs for suicide
- Review the steps involved in suicide assessment and crisis intervention
- Explore strategies to effectively respond to mental health concerns that you may have for yourself or in someone you know
- Determine when to make a referral to a mental health professional
- Identify appropriate referral sources and practical tips for how to make a referral

**Please Note:** StudentLingo individual products and packages for students, such as Title IX, Campus Culture & Inclusivity Package are not part of the Go2Knowledge membership.

## Presenter

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### Dr. Peggy Mitchell Clarke

*Community College of Aurora*

Dr. Peggy Mitchell Clarke is a clinical psychologist, mental health consultant, and retired psychology professor who earned her Bachelor's degree in Psychology from Brown University and her M.Ed. and Ph.D. in Clinical Psychology from the University of Virginia. Dr. Clarke worked as a psychotherapist in a wide variety of inpatient and outpatient mental health settings, and served on the Colorado state board of NAMI (National Alliance on Mental Illness) and as an executive officer for the Virginia and Rocky Mountain chapters of the Association of Black Psychologists. Her experience in higher education includes teaching psychology for 19 years at colleges and universities in Virginia and Colorado and serving as Director of Faculty Professional Development at Community College of Aurora and Associate Director of Career and Counseling Services at Christopher Newport University. Dr. Clarke is the author of *Do Something Different...For a Change: An Insider's Guide to What Your Therapist Knows (But May Not Tell You)* and *Doggie Tales: Lessons on Life, Love, and Loss I Learned From My Dog*. The host of the *Living Well with Dr. Peg* radio program, she also appeared on Denver's 9News Morning Show. She currently serves on the Behavioral Intervention Team at Community College of Aurora and is the President of Living Well Press, a mental health and wellness consulting firm and publishing company. Learn more at [www.DrPegOnline.com](http://www.DrPegOnline.com)