



"Project Safety Net mobilizes community support and resources in Palo Alto for youth suicide prevention and mental wellness. We are a coalition working on community education, outreach, and training; access to quality youth mental health services; and policy advocacy."

Draft

Connecting, Supporting, and Exercising Mental Wellness

Participants separated into smaller groups to discuss supports needed to advance youth well-being and suicide prevention.

Breakout Room 1

What stood out to you from the guided meditation or panel?

- A daily checklist of things to do sounds like a good idea for keeping accountability
 - Also reminders on the phone
- Mediation exercise was nice and has been helpful in keeping mindfulness
- Resource sheet will include blog with different meditations
- "Sometimes not doing something at all" is doing something helpful for mental health
- We live in a world that wants you to be productive all the time, but we need to relax and have downtime
 - It's weird that even in the summer, we feel like we need to still be productive
- Covid has helped us value casual connections

What supports do you need to advance youth well-being and suicide prevention?

- There is strength in numbers
 - People come from different place and can have helpful thoughts

Other Comments

- Connecting with groups of people is helpful (event digital)
- So many online games to play in groups – Pictionary and zoom is fun!



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Breakout Room 2

What stood out to you from the guided meditation or panel?

- Lisa Miller messages
 - (Adult) and her experiences with mental health, and it's not something you just face as youth, mental health is something you sustain throughout your entire life. What provides support and makes you happy is always relevant.
- Hearing all different perspectives despite similar SIP situations, different ways to stay productive, keep up with friends, dealing with the situation at hand, etc.
- Using animals as coping and pillar of support during quarantine
- Multiple ways to help out
- Opportunities rather than thinking "2020 sucks"
- Introspection, finding out more about oneself and opportunities that SIP has provided for mental health, realizing that one may be socially motivated and finding alternatives
- Adults: burning out from shelter in place, hearing different perspectives. Introspective. Challenging & reminding to care for myself. Learned some new tips from others, especially among young people
- SIMILAR EXPERIENCES IN QUARANTINE
- Before quarantine had to have a full calendar...quarantine taught me that it's ok to take a step back and not be productive, can focus on what want to do and not have to do

What supports do you need to advance youth well-being and suicide prevention?

- Art is a really good way to distract, a reflection of what is going on in your mind. Art can reflect what one is thinking
- Middle school participant - support has been good, what I do is reflecting what I do in my mind and reflect what I'm thinking.
- I like writing in school and now writing about what is happening in my life.
- Listening to music, a solo activity that can be done whenever
- I enjoy reading on my own. Look at what characters are doing in their hardship and relate to my own experience. I like reading for myself and not for school.
- More connection with school, can be isolating, need peer support from friends
- Family time is important

Other Comments (Looking forward to/ Hope)

- Continue reading
- Have more time for myself
- Getting ready for college
- See my friends
- Giving hugs and to touch



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- Lots of freedom to choose what activities to do, easier to focus on several items
- Things are going to be different, school will be able to see everyone at once and having social interaction. Can slowly get back to normal.
- Meeting my friends again and seeing a lot of people out & about
- Going to be more interconnected, check-in with each other, genuinely asking how we are thinking about each other, step up with connect, show care
- More focus on the issue of mental health and break down stigma
- Not sure of any hope



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Break-out Room 3

What stood out to you from the guided meditation or panel?

- Exercising and hanging out with your pet
- Impact of working out regardless of what time you do it, keeping body and mental health in check
- Starting the day off with some fitness
- Friend activities/hiking
- Young people are in the best position to help their peers, how to talk about mental health, where to look for adult support
- Sharing one's own stories and the power of unique voices
- Changes in HS climate with students talking more about mental health

The dialogue led to the following discussion comments:

- MH views vary in different cultures, gaps in generation and how we talk about mental health
- Difficulty in having these conversations in the home with adults
- Differences in the way genders discuss mental health issues/discussing emotions (men less likely to talk about these issues, females more willing to connect)
- Where to start with addressing these gaps?
 - Use social media, debunk myths, share facts, checking in with others, connecting with individuals (very key in prevention and reaching out to others)

What supports do you need to advance youth well-being and suicide prevention?

- Normalizing getting help, having resource sheets available at schools, should be easily accessible
- Access to therapy for students, effort to publicize resources, students may not know how to access so there should be conscious efforts around this
- Culturally competent counselors, navigating family dynamics



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Break-out Room 4

What stood out to you from the guided meditation or panel?

- Enjoyed the meditation and the method was very useful and easy to do in the future
 - It was simple and accessible
 - A great way to recenter yourself throughout the day
 - A great reminder of how helpful it can be to calm down, relax, focus, and prepare for whatever is to come
- Meditation is a great example of a healthy activity, which was something that came up frequently in the panel

What supports do you need to advance youth well-being and suicide prevention?

- Having trusted adults to support you in achieving your goals (such as teachers)
- Learning about mental health, especially in how to identify mental health issues in friends and family
- Information and resources about mental health to be more available
- Having open conversations with parents about mental health, so they can then support you in accomplishing what you need
- Having a space for young people to talk with each other regarding mental health struggles
- Talking to your friends, they are more likely to listen to you than a parent or adult
- Asking "How are you really?"
- "Trampoline Talks" with friends. Coming together (on a trampoline or not) and just talking about your day with a set group of friends
- Helping your friends get the support they need, however they need it