

Frontline Mental Health:

Identifying & Responding to Mental Health Concerns in Rural Educational Settings

Help for the Helpers Self-Care Guide

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Background information– How can helpers prevent burnout?

- Engage in things that bring joy
 - Set times for work and leisure
 - Engage, develop and explore a hobby
 - Take time for daily relaxation, even if it's brief
 - Avoid taking more clients if schedule is full
 - Say no to additional work responsibilities if you're overwhelmed
 - Say no to yourself if you feel too overwhelmed for a new activity
 - Receive supervision regularly
 - Regularly reflect on your personal well-being
- From 2019 to 2021, the percentage of adults who had received any mental health treatment increased from 19.2% to 21.6%
 - The percentage of adults who had received any mental health treatment in the past 12 months increased between 2019 and 2021 among adults aged 18–44, from 18.5% to 23.2%.
 - In 2021, the percentage of adults who had received any mental health treatment was highest among those aged 18–44 (23.2%), followed by adults aged 45–64 (21.2%) and those aged 65 and over (18.9%).

(Terlizzi EP, Schiller JS. Mental health treatment among adults aged 18–44: United States, 2019–2021. NCHS Data Brief, no 444. Hyattsville, MD: National Center for Health Statistics. 2022. DOI: <https://dx.doi.org/10.15620/cdc:120293>.)

Resources for helpers– Where can they find help?

- 988 hotline for immediate assistance
- Explore support groups within community
- Spiritual guidance
- Traditional therapy

