

Maintenance Required

Content Alert:

Loss, Mental Health Diagnosis, PTSD/PTSI, Stress, Suicide, Violence

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The Elevator



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The Conversation

Me:	How Are Things Going?
Elevator Friend:	Hi Carla! Things Are Great!
Me:	Are They?
Elevator Friend:	Yeah, Yeah! Of Course They Are Great!

3

The Conversation

Me: Would You Tell Me If Things Weren't Great?

Elevator Friend: Absolutely Not!

Me: I Appreciate The Honesty

Elevator Friend: Of Course → Exits Elevator

4

Me: Internal Dialogue With Myself Thinking About How We Change The Narrative That We Have To Be:

5

- Strong (weak)
- Together (falling apart)
- Perfect (human)
- Machines (rest)
- Self-sacrificing (healthy boundaries)

6

Cost and Consequence of Caring

The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to walk through water without getting wet.

~R.N. Remen

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DATA ~ In the United States:

2021	48,183
2023	>49,000
2024	>50,000

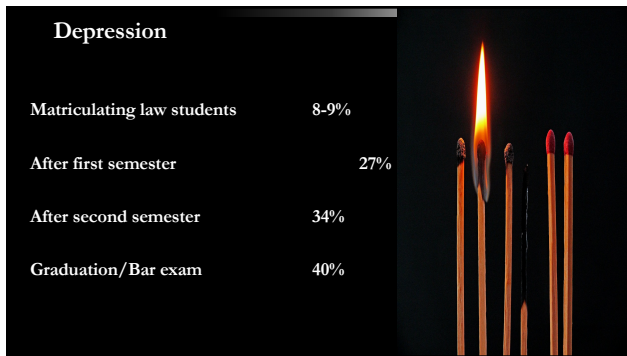
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DATA~

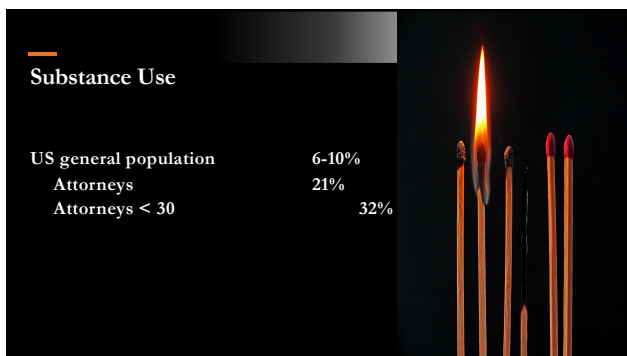
Suicide consideration

Adults	4.2%
Attorneys	10-12%
Law School Students	11%
Military Veterans	14%

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MENTAL HEALTH
Awareness
MONTH

MAY 2025

Women 45-64

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MENTAL HEALTH
Awareness
MONTH

MAY 2025

Men 75 and up

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MENTAL HEALTH
Awareness
MONTH

MAY 2025

Second leading cause of death for teens and young adults

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MENTAL HEALTH
Awareness
MONTH



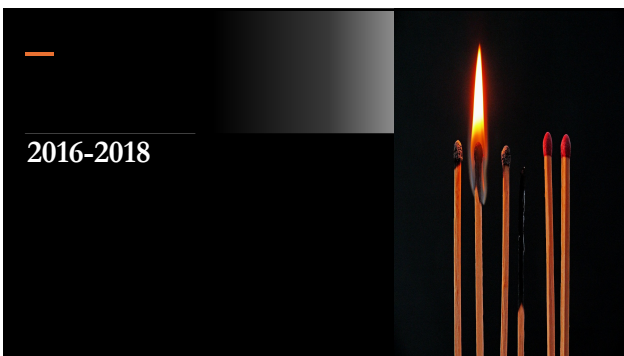
MAY 2025

Nationwide is the highest month for suicides

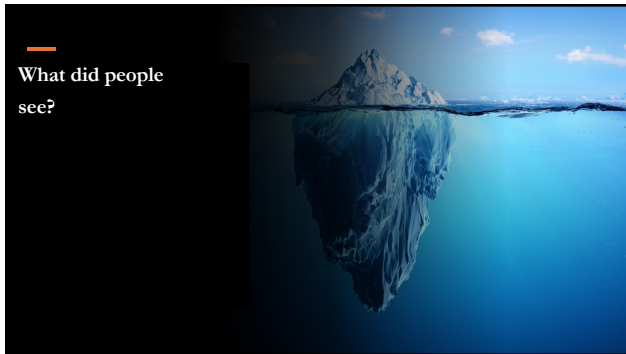
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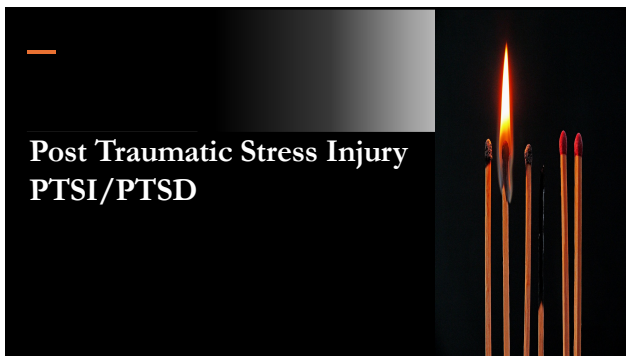
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You can do something 100s of times and one time can change everything



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You can do too much as a helper... and it can cost you big time



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Conclusion: Helping Has Benefits and Risks

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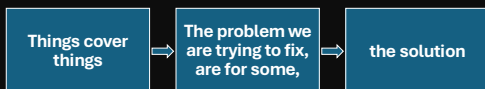
- Caring for/Representing clients to the best of our ability without taking on their paths as our paths
- Responding vs. Reacting
- Autopilot and its cost
- Mind Full vs. Mindful
- Releasing Control

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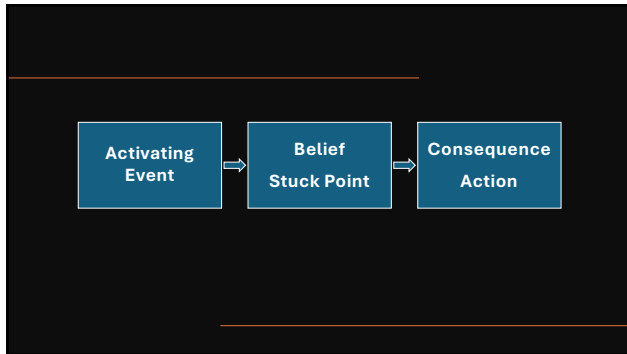
The
Masks
We
Wear



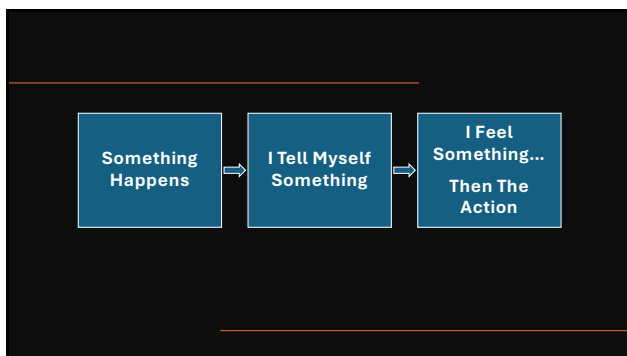
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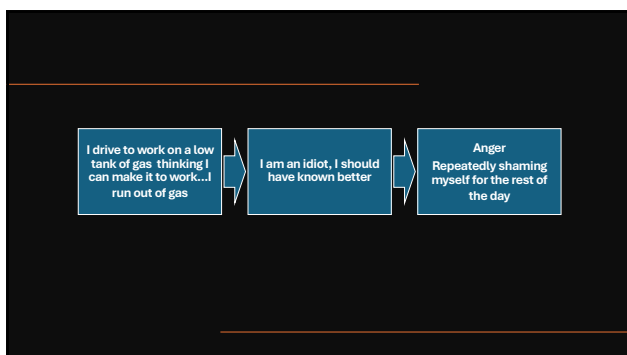
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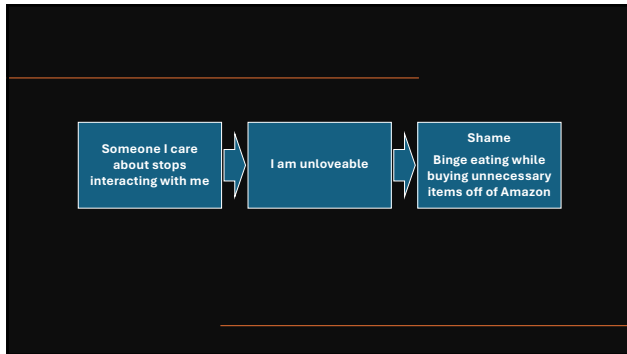
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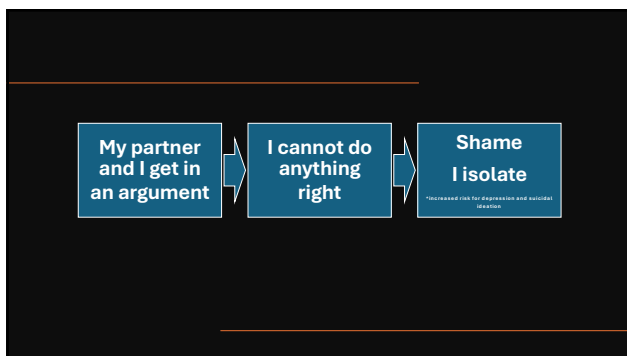
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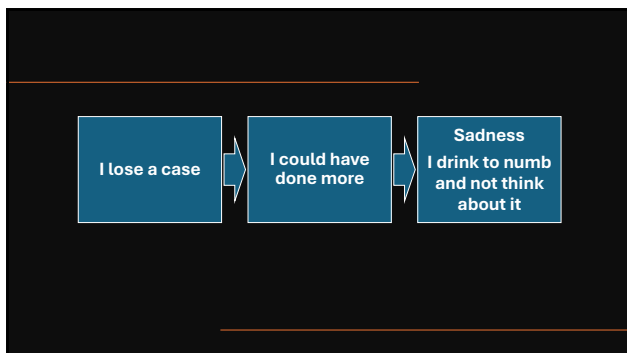
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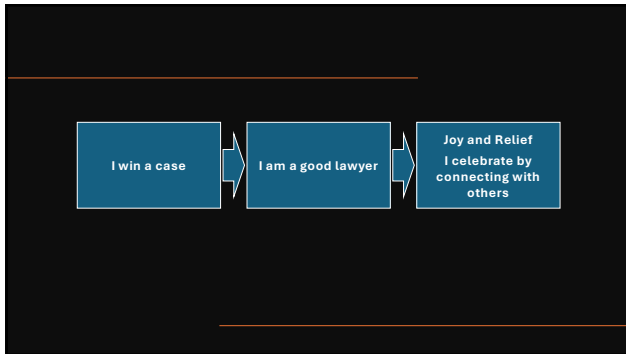
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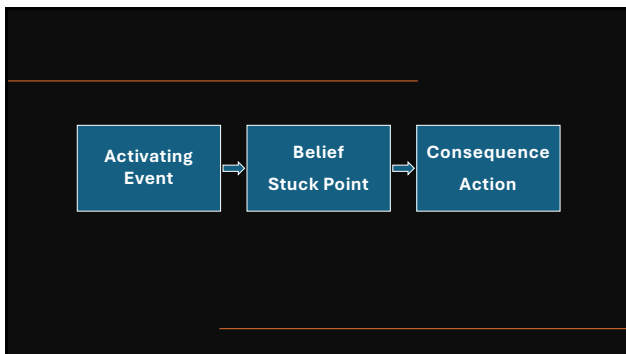
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IF YOU WERE HAVING THOUGHTS of SUICIDE

How and who would you share this with?

If they did not understand what you were trying to say, how would you rephrase it?

How many times would you try to tell them?

Would you go to someone else?

At what point would you stop trying to communicate your suffering?



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IF YOU ARE HAVING
THOUGHTS of SUICIDE

You Cannot Trust Yourself and
How You See The World

There Is Always
Later...Tomorrow...Next
Week...Never

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IF YOU ARE HAVING
THOUGHTS of SUICIDE:

You Have To Intentionally Look
For Other Evidence...Evidence of
The +

Perspective

The Light-Train Your Brain

Gratitude Lists and Things Worth
Living For

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IF YOU WERE HAVING
THOUGHTS of SUICIDE:

Accessibility to Means

Firearm

Medications


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IF YOU WERE HAVING
THOUGHTS of SUICIDE:

Don't underestimate the hole your
absence would leave


Intervene early and intervene often

The importance of wellness we do
every day



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Remember this?



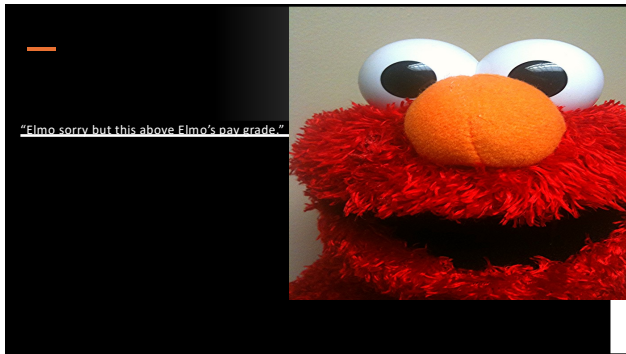
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"Every morning, I cannot wait to go
back to sleep. Every Monday, I cannot
wait for Friday to come. Every single
day and every single week for life."

"Elmo I'm depressed and broke."



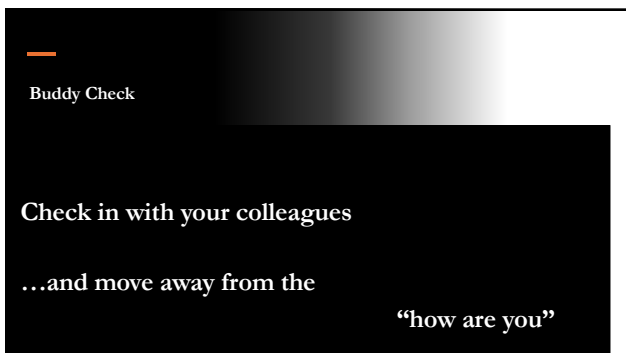
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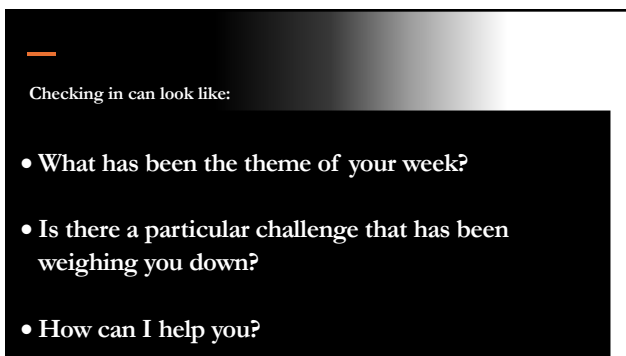
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Checking in can look like:

- How are you taking care of yourself?
- Did you eat lunch? Let's go grab lunch
- Let's go get coffee
- Sending a random text or leaving a voicemail

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[Do you have 8 minutes?](#)
[Be There For Your Friends - YouTube](#)

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We cannot necessarily fix things for people we care about

What we *can* do is listen and let them know that they matter

We all can give 8 minutes

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ACTION STEPS

Think About Your Current Stress Levels...

If Nothing Changes, What Does It Look Like...

For you...and people you care about

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ACTION STEPS

Intervene Early and Intervene Often

Talk with People....Do Not Isolate

Talk About Access and Intent- Then Remove It

-medications* and firearms* **

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Dentist

Annual Physical + Skin

Eye Exam

Mammogram

Colorectal Cancer Screening

Prostate Cancer Screening

Self At "Best"

Track "Leave"

Things To Look Forward To

ProQoL or STS Assessment Tools

4 Core JEF3-Sleep-Exercise-Food-Social

Hobbies and Activities

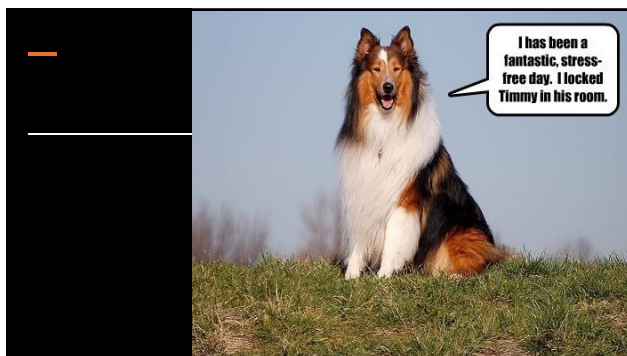
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BOOK RECOMMENDATIONS

Trauma Stewardship: An Everyday Guide To Caring For Self While Caring For Others

-Laura van Dernoot Lipsky

When The Body Says No: The Cost of Hidden Stress

-Gabor Mate

Healing Secondary Trauma: Proven Strategies for Caregivers

-Trudy Gilbert-Eliot, PhD

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BOOK RECOMMENDATIONS

Polyvagal Exercises for Safety and Connection

-Deb Dana

Help For The Helper

-Babette Rothschild

101 Trauma-Informed Interventions

-Linda Curran

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