

ISSUE 8 • SPRING 2026

# THE MINDFUL MONTY

Moreno Valley College Staff Suicide Prevention Newsletter

## The Mindful Monty

This newsletter was created by MVC's Wellness Center to increase our community's awareness of mental health and suicide prevention. Through The Mindful Monty, we hope to inspire change, dismantle taboo and stigma, and encourage people to have open discussions about suicide and mental health.

The Mindful Monty provides information about suicide prevention, how to provide support to someone who is experiencing suicidal thoughts, and access to resources and training. The college's mental health professionals develop versions for employees, students, as well as first responder trainees.

Discover resources for allies, ways to help those in need, and learn more about common risk factors, warning signs, and ways to speak sensitively on these difficult subjects. Your kindness can be a turning point for someone experiencing crisis or thoughts of self-harm or suicide. Additionally, you will find discussions on other dimensions of wellness, as a holistic approach to physical and mental wellbeing plays a significant part in preventing suicide.

The Wellness Center offers services and resources to all students in need. Visit [mvc.edu/wellness](http://mvc.edu/wellness) to learn more.



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# Embracing the Season of Renewal and Mental Well-being

As we welcome the spring season and embrace the season of renewal, may we be inspired to plant the seeds for growth both in our personal lives and in our work. Let's use this time to nourish our well-being, nurture our goals, and bloom into the best versions of ourselves.

The shift in seasons can have a profound impact on our mental health, and it's important to be mindful of how these changes affect our overall well-being. Whether you're looking to embrace the positive effects of spring or find ways to manage potential challenges, here are some insights and strategies to stay mentally healthy this season.

## How the Spring Season Can Impact Our Mental Health:

Spring brings longer days, warmer temperatures, and a burst of colors as flowers bloom and nature awakens. These changes can significantly influence our mood and mental health in both positive and negative ways.

### Spring Protective Factors

**Increased Vitamin D:** With more sunlight, our bodies can produce more Vitamin D, which has been linked to improved mood and a reduction in symptoms of depression.

**Boost in Energy:** The change in weather often brings a boost of energy and motivation. The bright, sunny days can help elevate our spirits and inspire productivity.

**Renewed Sense of Connection:** The spring season often fosters a sense of renewal, offering an opportunity for us to reset goals and embrace new beginnings. The fresh air and outdoor activities can enhance our feelings of connectedness with nature, peers, and our community.

### Spring Risk Factors

**Seasonal Affective Disorder (SAD):** Although SAD is commonly associated with the colder months, some individuals may experience a shift in mood during the transition to spring. The increase in light can disrupt sleep patterns, leading to irritability, fatigue, and anxiety.

**Allergies and Physical Health:** Spring allergies, though common, can make us feel physically drained, which can impact our mental well-being.

**Increased Expectations:** As the weather improves, there's often an increase in social events and obligations. The pressure to be more active, engage in outdoor activities, or meet personal goals can contribute to stress.

## Ways to Stay Mentally Healthy This Spring

To ensure that we make the most of spring's positive effects and manage any challenges, here are a few strategies to consider:

Eat a well-balanced diet



Spend time in nature or engage in an outdoor hobby



Connect with loved ones to build your support system

Use relaxation and mindfulness techniques daily

Create a balanced schedule by setting boundaries

Stay cool and hydrated while spending time outside



# HELPING A STUDENT IN DISTRESS

WHEN A STUDENT COMES TO YOU FOR HELP, OR YOU'VE IDENTIFIED A STUDENT WHO MAY BE IN DISTRESS, REMEMBER **V.I.C.K.S**

**1**

## VALIDATE

- Be focused and present in the conversation.
- Show you understand and express empathy.
- "You are going through a lot right now. Thank you for sharing."

## IDENTIFY

- Notice out loud and express your concern.
- "I'm noticing these challenges are impacting other parts of your life, like your academics."

**2**

**3**

## CARE

- Communicate your care and intentions.
- "I'm here for you and I want to help connect you with appropriate support".

## KNOWLEDGE

- Share knowledge of resources.
- "As a student, you have access to the health center. Can we call or walk there together right now?"

**4**

**5**

## SUPPORT & SELF CARE

- Provide the resources and phone numbers listed below and assist the student with contacting one of the numbers.
- Take time to reenergize after helping the student. If you are needing support, please reach out to your Employee Assistance Program.



## V.I.C.K.S. in Action

[Video on How to Help a Student in Distress](#)





## MVC Resources and Presentations

- **Know The Signs:** Monthly suicide prevention webinar - [Register online](#) or scan the QR code (training offered monthly)
- **TimelyCare:** 24/7 health and wellness support for students. [Click here](#) or scan the QR code
- **Care Solace:** free, confidential service that helps students, staff, and their families find mental health or substance use support tailored to their needs. Support is available at any time and in any language.
  - Call (888) 515-0595, [click here](#) or scan the QR code to search for providers and book help by phone, video chat, or email.

## Suicide Prevention Resources

### National Resources

- Suicide and Crisis Lifeline: 988
- Crisis Text Line: 741-741
- Trevor Project LGBTQ+
  - Hotline: (866) 488-7386
  - Text line: 'START' to 678-678.

### Local Resources

- Inland SoCal HELPLine: (951) 686-4357
- Mental Health Urgent Care
  - Riverside: (951) 509-2499 (ages 18+)
  - Perris: (951) 349-4195 (ages 13+)
  - Palm Springs: (442) 268-7000 (ages 13+)

### If your student is experiencing a crisis or suicidal thoughts, you can support them by:

- Walking with them to the Wellness Center in Student Services 103, or calling (951) 571-6103 during business hours:
  - Monday - Thursday: 8 am - 4:30 pm
  - Friday: 8 am - 2 pm
- Providing and calling the crisis resources listed above.

The SAFE Team is here to support you if you have concerns about a student's behavior. Please fill out a [Concerning Student Behavior Referral Form](#).

## MVC Resources



**Know the Signs**  
Monthly suicide prevention webinar registration

### Timely Care

MVC students can access free 24/7 health and wellness support with TimelyCare



### Care Solace

Free, confidential service to connect to personalized mental health or substance use care

## Daily Wellness Groups

The MVC Wellness Center offers Wellness Groups every day at:  
9 am  
11 am  
Tuesday and Wednesday at 5:30 pm

[Register online](#) or scan the QR code



### Contact Us:

wellness@mvc.edu  
(951) 571-6103  
Student Services 103