



ISSUE 8 • SPRING 2026

# THE MINDFUL MONTY

Ben Clark Public Safety Training Center  
Suicide Prevention Newsletter

## The Mindful Monty

The Mindful Monty provides suicide prevention resources and information. First responder students experience unique stressors and traumas that can increase the likelihood of experiencing suicidal thoughts. We want to work together to stop suicide and prevent suffering in silence.

## In this Issue

### Page 1

Introducing The Mindful Monty

### Page 2

Emotion Regulation

### Page 3

How to Help a Peer Using the VICKS Model

### Page 4

First Responder and Suicide Prevention Resources

This newsletter was developed [in part] under a grant number #1H79SM086352-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

“

*We may encounter many defeats,  
but we must not be defeated.*

— Maya Angelou

”





## Emotion Regulation for First Responders

First responders are regularly exposed to work-related stressors—commonly known as occupational stressors—including lack of sleep, safety risks, heavy workloads, and physical demands. Because these challenges are inherent to their profession, it's important to investigate what factors affect how these stressors impact mental health.

According to emotion regulation theory (Gross, 1998), it's essential for individuals to have some degree of control over their emotional responses. While people may try to manage or ignore their emotions, suppressing them can worsen symptoms and potentially lead to emotional outbursts, like episodes of anger. On the other hand, becoming more aware of one's emotions and their underlying causes can support healthier emotional regulation.

## Tips to Improve Emotion Regulation Skills

1. **Identify and reduce triggers:** Identifying the thoughts or situations that lead to stress or anxiety can help lessen their effect on your well-being.
2. **Notice physical cues:** Be mindful of bodily sensations like muscle tension or tiredness, as these can indicate emotional distress.
3. **Reframe your internal narrative:** Question negative assumptions by exploring other possible interpretations, rather than leaping to conclusions.
4. **Practice uplifting self-talk:** Swap out self-critical thoughts for ones that are kind and motivating to enhance your outlook.
5. **Make a choice about how to respond:** Remember that your reactions are within your control; responding with intention can build emotional strength.
6. **Seek out positive moments:** Pay attention to things that bring happiness or calm, even during tough times, to help shift your mindset.



First responders encounter a number of shared risk factors that can negatively impact their mental health, such as irregular work hours, a strong emphasis on self-reliance, and repeated exposure to traumatic and high-stress situations. Studies have connected these elements to a higher likelihood of experiencing suicidal ideation and, in some cases, suicide (Armstrong, 2014; Stuart, 2008; Violanti, 2004). Building strong emotional resilience works as a protective factor against suicide.





# How to Help a Peer Using the V.I.C.K.S. Model

## 1 VALIDATE

"Between the job and the usual life stress, I know you've been under a lot of pressure lately. It makes sense to be overwhelmed."

## 2 IDENTIFY

"I've noticed that you're drinking more than you used to, and you don't seem like yourself. I'm worried about you."

## 3 CARE

You understand the job, so remember to show compassion and avoid judging their behavior or responses.

## 4 KNOWLEDGE

"We see some tough things, but we don't have to let it build up. We all struggle sometimes, and there's nothing wrong with asking for help. We have access to services as students"

## 5 SUPPORT & SELF CARE

Take time to reenergize after helping your peers. Schedule an appointment with a mental health therapist to discuss self-care.

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

[Video on How to Help Someone in](#)

[Distress](#)



## Check on Your Friends: Warning Signs of Suicide to Look Out For



Visit [suicideispreventable.org](https://suicideispreventable.org) for more information.



# MVC Student 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

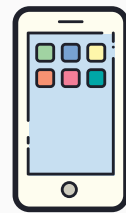
## First Responder Resources



**Access Peer Support Resources (NAMI)**

### Immediate Peer Support

- Safe Call Now: (206) 459-3020.
- Next Rung: call or text "SUPPORT" to 1-833-NXT-RUNG (698-7864).



## 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 you or someone you know is experiencing a crisis or suicidal thoughts, you can:

- Visit an on-site therapist at the Ben Clark Public Safety Training Center Tuesday and Wednesday 8 am - 4 pm
- Access the Wellness Center on the MVC main campus in Student Services 103.
  - Monday - Thursday, 8 am - 4:30 pm
  - Friday, 8 am - 2 pm
- Provide and call 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.

## 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