

ISSUE 8 • SPRING 2026

THE MINDFUL MONTY

Moreno Valley College
Student Suicide Prevention Newsletter

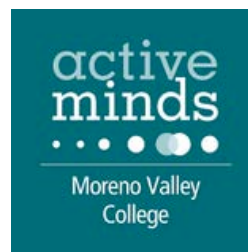
The Mindful Monty

The Mindful Monty provides suicide prevention resources and information.

College students experience unique stressors and traumas that increase the likelihood of suicidal thoughts. We want to work together to stop suicide and prevent suffering in silence.

"The spring wakes us, nurtures us and revitalizes us."

— Gary Zukav



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This newsletter was developed [in part] under a grant number #1H79SM086352-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), US 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.

Caring for Your Mental Health in Spring

One reason people may experience increased mental health challenges like depression and anxiety during spring is the sense of change. While some may embrace change as an exciting opportunity, others can feel a deep sense of instability. Transitions like the shift from school to summer vacation, changes in weather, and alterations in daily routines can all lead to heightened anxiety. Spring is also a time marked by significant life events such as graduations and weddings. These milestones are often accompanied by large social gatherings and family interactions, which can also trigger anxiety. Additionally, the memories these events evoke may bring about a sense of nostalgia or sadness, potentially leading to depressive thoughts.

Spring Risk Factors

Risk factors increase the likelihood of an individual developing a mental health issue. These can be biological, psychological, or social factors affecting the individual, their family, or their community. The more risk factors a person faces, the greater their risk for mental health challenges, suicide and other self-destructive behaviors, such as substance abuse. Some people can experience seasonal depression in spring and summer as opposed to winter. Read [this article](#) to learn more, or scan the QR code below.



Bright, sunny days can keep your brain in a heightened state of alertness, making it harder to unwind when it's time to relax.



Brightness and heat can lead to feelings of low energy and lack of motivation

Seasonal allergies can leave you feeling drained. The physical exhaustion can also take a mental toll



Warm weather might cause discomfort in some people sensitive to heat

Increase in sunlight reduces melatonin, leading to less sleep than your body requires. Insufficient sleep can intensify mental health symptoms.

Spring Self Care & Protective Factors

Protective factors reduce the likelihood of an individual developing a mental health issue. These can be biological, psychological, or social influences within the individual, family, or community. Protective factors, which can be cultivated and strengthened to benefit individuals and communities, help decrease the risk of suicide and other self-destructive behaviors. Self Care allows individuals to practice ways to help aid their mental health.

Eat a well-balanced diet and create meal plans



Engage in outdoor hobbies to get a mood boost from the sun and Vitamin D

Refresh your space and clear away any clutter that is causing distress



Schedule time with loved ones to stay connected to your support system

Stay cool and hydrated while spending time outside in the sun



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

1 VALIDATE
"You are going through a lot right now. Thank you for sharing."

2 IDENTIFY
"I'm noticing these challenges are impacting other parts of your life, like your academics."

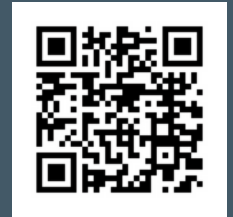
3 CARE
"I'm here for you and I want to help connect you with appropriate support".

4 KNOWLEDGE
"As a student, you have access to mental health therapy. Can we call or walk there together right now?"

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 for more information.



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

- Receive support on site at the Wellness Center in Student Services 103
Monday - Thursday, 8 am - 4:30 pm
Friday, 8 am - 2 pm
- 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](#).

College 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

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