



Sumunumu

Behavioral Health Program

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DIAL: 911

Pyramid Lake Tribal Police: 775-574-9444

1-800-273-8255 still active number.

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health related distress. Such as Thoughts of suicide.

Mental health or substance use crisis, or any other kind of emotional distress. People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.



Healing from Trauma

After you experience trauma, it might seem like you will never feel better again. You might feel on the edge and be reminded of the trauma thought the day. It might impact many parts of your life. Fortunately, healing is possible.

As with other things in life there are many paths to healing from trauma. Some people might find comfort in talking with a reused friend, Elder, teacher, or faith leader. Others might find it helpful to see a behavioral heal professional.

Regardless of your path, here are some things to keep in mind as you work to heal: ***"I know I am safe, but why don't I feel safe?"*** Part of healing from trauma involves helping your body and mind feel safe again.

During a traumatic event, when our brain perceives a situation as threatening, it will trigger our body to respond and try to save us. These reactions to trauma are often not under control. Common reaction to trauma include. ***Fight or flight, Freeze or collapse (helping you hide), Fawn (helping you to make peace)***

After trauma, your brain and body don't always know when to stop protecting you. That is why anything that feels familiar to the trauma you experienced might make you feel on edge, nervous, sad, or untrusting. So, even though you know the trauma isn't happening again, your body may feel like it is.

Below are a few tips to help your body and mind feel safe again:

Learn to be present in your body: being present in your body can help you feel more grounded.

Learn to identify your emotions: knowing what you are feeling can help you put your words to intense experiences.

Honor your needs: Meeting basic needs can give you the energy to get through the hard moments: Eating a balanced meal, do not skip meals, get plenty of sleep, exercise.

Find balance in your day-to-day activities: When you feel like your energy levels are too high or too low, it can be helpful to develop strategies to come back in to balance.

Form healthy relationships with trusted people: Healing from trauma by yourself can be difficult. Finding other people who are trustworthy to talk to about your struggles with can help you feel less alone.

Cope with things that remind you of the trauma: finding strategies to cope with things that remind you of the trauma can help you feel less on the edge on a day-to-day basis.

Remember, to be gentle with yourself.

The Kinder and gentler you can be with yourself, the easier it is to face the ups and downs of healing from trauma. Be patient with yourself, talk to yourself like you would a good friend, and know that you are not alone in your healing journey. There are many of us on this healing journey who are working toward being more resilient and happier versions of ourselves.

Remember you are not alone, and please always seek help if you need it.

5 WAYS TO END MENTAL HEALTH STIGMA

Did you know up to 1 in 5 children experience a mental health disorder and half don't receive the treatment they need? Together, we can support children and stop the negative stigma around mental health.



Educate yourself and your children about mental health



Share real-life examples of people with mental health disorders



Explain mental health has a range of symptoms



Listen to and support others with mental health concerns



Share stories of overcoming mental health disorders

RESOURCES

Solace Tree 775-324-7723

PLTHC/Behavioral Health 775-574-1018

DIAL: 988 Suicide & Crisis lifeline

Text: 741741

Self-Care Resources

Take a look at these self-care resources from love is respect: <https://www.loveisrespect.org/resources/self-care/>

Grounding techniques for anxiety: <https://Healthline.com/health/grounding-techniques>

We all can get down and feel like no one understands what we're going through. One of the great things about being Native, is that we are all connected and can have each other's back. **Text "CARING" to 65664** to receive regular reminders about how awesome you are from people who care.

R - Realize Our Culture Works
E - Everyone Can Recover
C - Culture is Prevention
O - Overcoming Your Fears
V - Validating Your Worth
E - Embrace Yourself
R - Respect Your Elders
Y - You are Worth It!!!

