ISSUE 4 • Sleep

THE MINDFUL MONTY

Moreno Valley College
Student-Parent Suicide Prevention Newsletter

The Mindful Monty provides suicide prevention resources and information.

Student parents juggle academic demands alongside caregiving, work, and family responsibilities—often with little time to care for themselves. These overlapping pressures can take a real toll on mental health and increase the risk of feeling overwhelmed or alone. This newsletter is dedicated to supporting student parents by promoting connection, sharing resources, and encouraging open conversations about mental health, so no one has to struggle in silence and help is always within reach.

"Sleep is the best meditation."
— Dalai Lama

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STUDENT PARENT GROUP

Building Connection, Belonging & Mental Wellness for Student Parents

Let's Talk About Sleep

Dear Student Parents,

As we begin a new school year, we're reminded of the complex pressures that student parents navigate: balancing coursework, caregiving responsibilities, financial stress, and personal wellbeing. It's a demanding reality, and one that can often result in sleep being one of the first things we sacrifice.

This semester, we're dedicating our newsletter to the critical role of sleep in protecting our mental wellbeing. This is a topic that sits at the intersection of mental health and suicide prevention. While it might seem like just another wellness recommendation to add to an already long list, the connection is profound and backed by science.

Why is Sleep Important?

Sleep is not a luxury, it's a foundation of our wellbeing. When we don't sleep enough, our bodies and minds become more vulnerable. We struggle to regulate our emotions, our stress responses become hyperactive, our ability to problem-solve diminishes, and our resilience weakens. For student parents already managing multiple roles, poor sleep doesn't just make you tired; it directly increases risk factors associated with depression, anxiety, and suicidal thoughts. You deserve good quality rest. Your mental health depends on it and your family needs you at your best.

Sleep Tips

- **Create a non-negotiable sleep window:** Identify the most realistic windows when you can prioritize sleep or a short nap and protect that time. Consistency is more important than duration. Multiple shorter sleep cycles still provide restorative benefits.
- **Share the night shift if possible:** If you have a co-parent or support person, alternate who handles nighttime interruptions. Even one night per week where you're not "on duty" can significantly improve sleep quality. You can't be hypervigilant and deeply asleep at the same time.
- **Write out your thoughts:** Keep a notebook by your bed. When your mind floods with to-do lists, childcare logistics, academic worries or financial stress, write it down without judgment. Tell yourself: "it's written down, I can pick it up tomorrow." This simple act transfers the burden from your mind to the page, allowing your brain to stop holding onto it.

Want more sleep tips? Attend our **Improving Sleep** wellness group led by therapists every Thursday at 9am on Zoom.

How to Support Your Child Using the V.I.C.K.S. Model

1 VALIDATE

"It sounds like you're going through a lot right now. I'm really glad you told me."

2 IDENTIFY

"I've noticed how this has been affecting you, like at school and with your energy lately."

3 CARE

"I love and care about you, and I want you to always feel supported."

4 KNOWLEDGE

"We can talk through this together as much as you need. If you want extra support, there are options available and we can set it up together".

5 SUPPORT AND SELF CARE

Take time to reenergize after supporting your child. Schedule an appointment with a mental health therapist to discuss self-care if needed.

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

Video on How to Help Someone in Distress

Check on Your Loved Ones: Warning Signs of Suicide to Look Out For

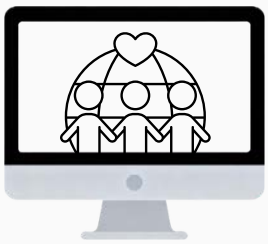
- Increased substance use
- Giving away possessions
- Withdrawal
- Talking about suicide or death
- Putting affairs in order
- Feeling hopeless or helpless
- Reckless behavior
- Sudden changes in mood
- Feeling like a burden to others

SCAN ME

Visit suicideispreventable.org for more information.

MVC Resources

- **Wellness Center**
  - Student Services 103
- **CalWORKs**
  - Humanities 223A
- **Extended Opportunity Programs & Services (EOPS)**
  - Student Services 203
- **Monty's Market**
  - Student Services 119
- **Moval Learns**
- **Early Childhood Education Center**
- **Academic Success Center**
  - Humanities 219
- **Student Employment**
  - Welcome Center



SPOrg virtual community for student parents

Student Resources

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

Suicide Prevention Resources

National Resources

- Suicide and Crisis Lifeline: 988
  - Spanish: press 2
  - Veteran's: press 1
- 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:** 9890 County Farm Rd, Bldg. 2, Riverside 92503 (ages 18+)
  - **Perris:** 85 Ramona Expressway, Ste. 1-3, Perris 92571 (ages 13+)
  - **Palm Springs:** 2500 N. Palm Canyon Dr. Ste A1-A4, Palm Springs, 92262 (ages 13+)
  - **Indio:** 47-915 Oasis St. Indio, CA 92201 (ages 5+)

The SAFE Team is here to support you if you have concerns about a student's behavior. Please fill out a SAFE Team 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