

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.

“Take the time today to love yourself. You deserve it.”

-Avina Celeste



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Wellness 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), 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.

STUDENT PARENT GROUP

Building Connection, Belonging & Mental Wellness for Student Parents

Let's Talk About the ABCs of Self-care

Dear Student Parents,

This semester, the Student Parent Group (SPG) is exploring self-care through the book *The ABCs of Self-Care* by Sheri E. Betts. Self-care plays an important role in suicide prevention because it helps reduce stress, increase emotional awareness, and build resilience. For student parents, practicing self-care such as setting boundaries, seeking support, managing stress, and checking in with their mental health creates stability and balance during overwhelming times. When parents model healthy self-care, open communication, and emotional regulation, their children learn that it is okay to talk about feelings and ask for help.

Why is Self-care important?

Self-care is more than relaxation, it is an important part of maintaining mental health and emotional wellbeing. When people experience ongoing stress, financial pressure, or overwhelming responsibilities, it can affect their thoughts, mood, and ability to cope.

Student parents may face increased risk factors for mental health challenges due to juggling school, work, parenting responsibilities, and managing finances. Balancing these demands can also lead to burnout, feeling isolated, or difficulty prioritizing personal wellbeing, which may increase emotional distress if left unresolved.

Research in suicide prevention shows that protective factors such as coping skills, emotional regulation, supportive relationships, and help seeking all play a critical role in reducing emotional distress and feelings of isolation.

Practicing self-care, even through small and manageable steps, can help interrupt cycles of stress, negative thinking, and burnout. The idea of self-care practices encourages individuals to begin with simple actions that build confidence, increase awareness, and support overall wellness. Over time, these small steps can strengthen resilience and help people feel more connected, supported, and capable of managing life's challenges.





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

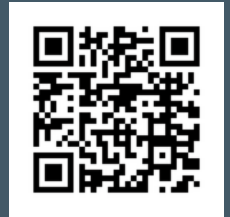
"We can talk through this together as much as you need. If you want extra support, there are options available and we can set it up together".

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

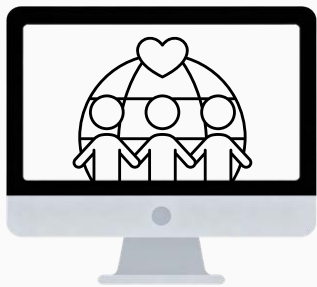


Visit suicideispreventable.org for more information.

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



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 a student 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 - Noon
- Call the crisis resources listed above.

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