



Coping Mechanisms

Asking a Brother

1. _____
2. _____
3. _____

Campus & Local Resources

- 1.
- 2.
- 3.
- 4.
- 5.

Action-Items for 2019

Personal Goals

Chapter Goals

SUICIDE PREVENTION RESOURCES

American Association of Suicidology
www.suicidology.org

American Foundation for Suicide Prevention
www.afsp.org

The Jason Foundation, Inc.
www.jasonfoundation.com

National Institute of Mental Health (NIMH)
www.nimh.nih.gov

National Strategy for Suicide Prevention
<http://www.samhsa.gov/suicide-prevention>

National Youth Violence Prevention Resource Center
<http://www.cdc.gov/violenceprevention/youthviolence/>

Substance Abuse and Mental Health Administration (SAMHSA)
www.samhsa.gov

Suicide Prevention Advocacy Network (SPAN)
www.spanusa.org

Yellow Ribbon Suicide Prevention Program
www.yellowribbon.org

Depression and Bipolar Support Alliance
www.dbsalliance.org

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

Post Traumatic Stress Disorder Gateway
<http://www.ptsdinfo.org>

Violent Death Bereavement Society
<http://www.vdbs.org>

Gift From Within-PTSD Resources for Survivors & Caregivers
<http://www.giftfromwithin.org>

The Jed Foundation
<https://www.jedfoundation.org/>

Active Minds
<https://www.activeminds.org/>





How to Host Behind Happy Faces

Step 1.

Identify your Behind Happy Faces Peer Facilitator/Coordinator. Ideally this is a chapter member who has a personal connection to the topic and wants to start the Mental Health conversation among brothers, it does not have to be a current officer or chair but someone who wants to oversee the success of the program.

Step 2.

Visit www.phigam.org/bhf to view Facilitation Guides, Power Point Presentations and Videos.

Step 3.

Finalize a time for the chapter to host this event. Since the activities are meant to be 15-20 minutes long we encourage you to start with an already scheduled chapter meeting.

Step 4.

Make sure to review all necessary facilitation guides beforehand and prepare supplies/visual needs for the Module you are doing.

Step 5.

Feeling nervous about facilitating in front of a large group or want to share how the experience went with the brothers? Have them contact Candy Rivera, Assistant Director of Education at crivera@phigam.org for additional assistance.

Best Practices

Invite your Purple Legionnaire to the first Module

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Graduate brothers have their own Advisor Resource Tracks online

Keep the chapter meeting calendar clear

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Not the best time to also finish PIE

Start with the first module so everyone has the same baseline. Pick the second module that works best for your chapter needs

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It makes the most sense to go chronologically

Be prepared to go over on time if the conversation is going well, tell chapter in advance this is a possibility

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Get a read of your chapter, sometimes the large group setting is more powerful because everyone's voice is heard

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Serious topic, small group
Broader topic, full group

Model the way in going first and setting the example by sharing first as the facilitator

The slides can be text heavy
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Find a way to break it up