



Change Direction: Delivering Emotional Life Skillssm

Mental Health affects us all.

There are over 7.7 billion people in this world, and 1 in 4 have a diagnosable mental health condition. Even more devastating: over 800,000 people die each year by suicide.

Background:

The goal of the campaign to Change Direction is to change the culture of mental health so that all of those in need get the care and support they deserve. The campaign encourages every one of us to pay attention to our emotional wellbeing, and it reminds us that our emotional health is just as important as our physical health.

Led by Dr. Barbara Van Dahlen, Founder and President of Give an Hour, the Campaign to Change Direction is a collection of concerned citizens, nonprofit leaders, and leaders from the private sector who have come together to change the culture about mental health, mental illness and wellness.

Change Direction's first step was bringing awareness to all to know the Five Signs of Emotional Suffering and the Healthy Habits of Emotional Wellbeing.

A BIG Next Step:

Change Direction's next step is partnering with communities to educate all on how to better care for themselves, care for one another, and enable all to build and access local mental health resources in their communities. By learning emotional life skills, and teaching them to others, we are taking the next step in preventing emotional suffering and changing the culture of mental health.

Introducing Change Direction: Delivering Emotional Life Skillssm:

This new and individualized *Emotional Life Skillssm Six Week Program* delivers the skills and tools that allows community members to better care for themselves and those they love.

Educational program components include:

- ***Knowing the Signs of Emotional Suffering for Ourselves and Those We Love:*** We can better care for ourselves and others when we are emotionally healthy
- ***Knowing the Healthy Habits of Emotional Wellbeing:*** What habits work for you, your family, and your community?
- ***Creating Caring Communities:*** We can learn how to speak with our children, our friends, our neighbors and our co-workers about emotional well-being)
- ***Identifying and Access Resources in Your Community:*** What are the local resources available and when and how to access them.
- ***Wrapping Care and Support Around those Who Are Hurting:*** Learn how to turn to each other to offer care and support and what do to when resources are limited.
- ***Knowing Emotional Life Skills:*** Consolidating and action planning for you and your community

Join Us:

Change Direction: Delivering Emotional Life Skillssm is designed for all types of communities and organizations. To learn more about bringing this program to your community or workplace, please contact Kirsti Thompson, Director of Give an Hour California at (805)795-8661.