

Ali Warren

Minding Your Mind Foundation

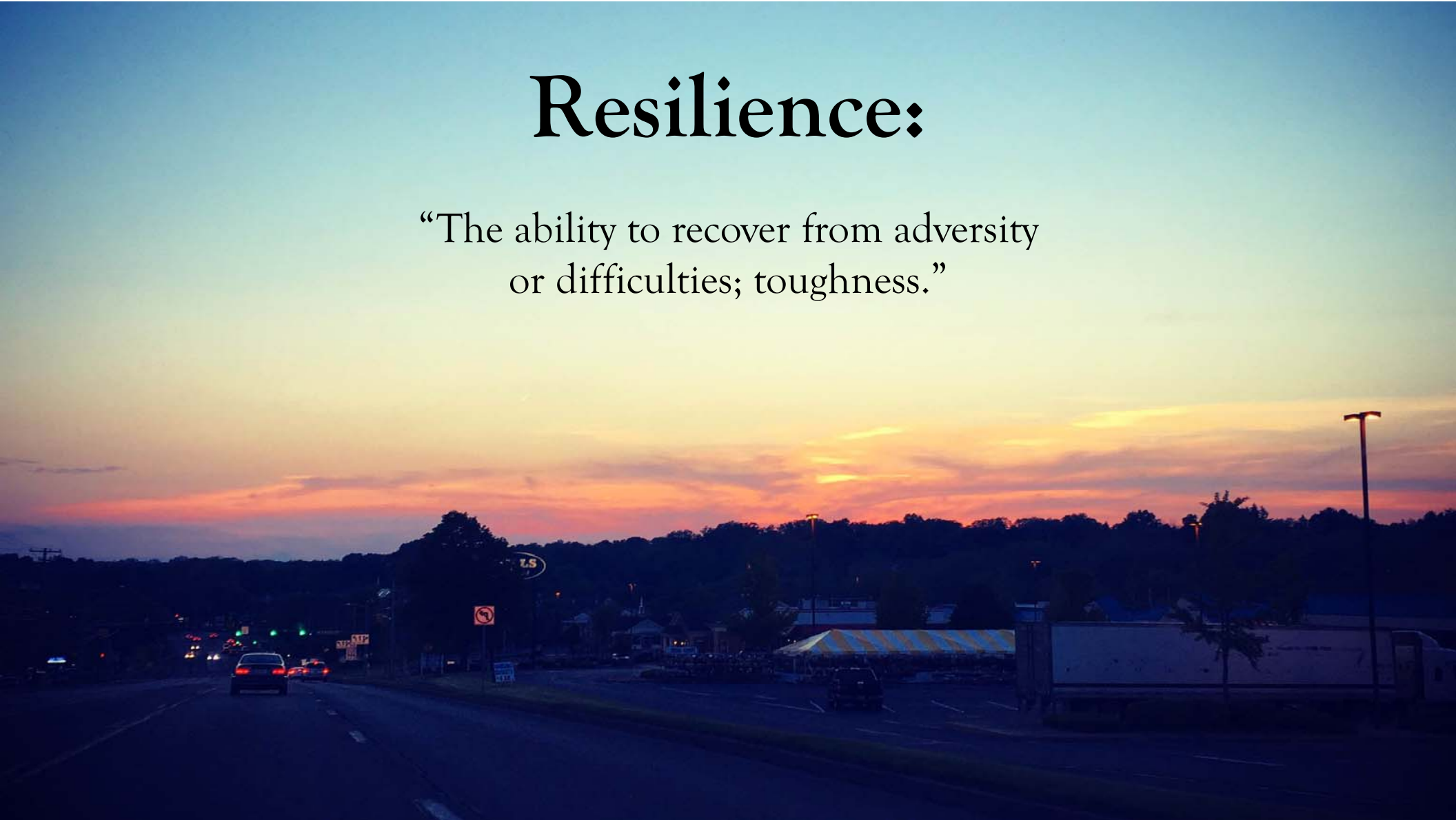


Minding Your Mind Foundation

- Based in the Philadelphia area but we travel nation-wide
- We provide mental health education and suicide prevention training to adolescents, teens, adults and their parents, teachers and school staff
 - Completed 1200 talks this past school year

Resilience:

“The ability to recover from adversity or difficulties; toughness.”





A close-up, slightly blurred photograph of a stack of orange books. The spines of the books are visible, and the title 'WHERE HOPE LIVES' is printed in white on the top book. The lighting is warm, and the background is out of focus.

Where **Hope** Lives

Trauma Taught Me 3 Things:

1. The world was not a safe place.
2. People could not be trusted.
3. Everything that happened was my fault.

A wide-angle photograph of a beach at sunset. The sky is filled with large, dark clouds, with a bright orange and yellow glow from the setting sun breaking through near the horizon. The sun's reflection is visible on the wet sand. In the distance, several people are walking along the shoreline. The overall mood is serene and contemplative.

What is Post Traumatic Stress Disorder?

It is a natural defense mechanism and response to significant trauma.

Suicide Prevention Basics

90% of people who die by suicide had a diagnosable mental health disorder.

Having suicidal thoughts is a symptom of depression, which is treatable.

Suicide is PREVENTABLE.
Know who can help.



Who can you talk to?

- Crisis Hotlines
- Family Members
- Trusted Adults
- Guidance Counselors

A serene sunset over a beach. The sky is a mix of soft blues, oranges, and yellows. The sun is low on the horizon, casting a warm glow over the ocean. Waves are gently washing onto the shore, creating a shimmering path of light on the sand. The overall mood is peaceful and reflective.

Seek help if you are struggling.

Use positive / healthy coping mechanisms.

Pay attention to the people in your life.

Go easy on yourself!

A photograph of a beach with waves crashing onto the shore under a clear blue sky. The water is a vibrant turquoise color, and the sand is a light brown. The sky is a deep, clear blue.

Writing Exercise - Classrooms

- Forgiveness
- Positive and negative coping mechanisms
 - Resilience

The only thing that defines us
is our choices.



