

## Supports at Your School

### COUNSELING OFFICE

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### PUPIL PERSONNEL WORKER

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## You Can Talk with

### Someone 24 Hours a Day by Telephone or Chat Services

(Services are free and confidential)

#### National Suicide Prevention Lifeline

800-273-TALK (8255).

#### Montgomery County Hotline

301-738-CALL (2255).

#### Online Chat (service of the National Suicide

Prevention Lifeline); CrisisChat.org.

#### Texting Services are available

12:00 p.m.–8:00 p.m., Sunday–Thursday;

301-738-CALL (2255).

#### Montgomery County Crisis Center

1301 Piccard Drive, Rockville

240-777-4000

The Crisis Center provides crisis services 24 hours a day, 365 days a year. These services are available by telephone or in person on a walk-in basis. Mobile Crisis Outreach will respond anywhere in Montgomery County to conduct emergency evaluations.  
**No appointments needed.**

## DON'T FORGET TO ACT!

If you hear someone talking about hurting themselves or others, speak up.



**Acknowledge:** Listen to your friend, don't ignore threats.

**Care:** Let your friend know you care.

**Tell:** Tell a trusted adult so they can help.

SOS Signs of Suicide® Prevention Program, Screening for Mental Health

# Mental Health and Wellness Resource Guide

A resource guide to complement the *Signs of Suicide® Prevention Program* in your school.



## Mental Health

Mental health difficulties do not affect only adults. Children, teenagers, and young adults also can have mental health difficulties. Three out of four people with mental health difficulties actually showed signs before they were 24 years old and one in five children is diagnosed with a mental health disorder (Centers for Disease Control, 2018).

Are you having trouble doing the things you like to do or need to do because of how you feel—like going to school, work or hanging out with friends? Are you having a rough day? Have you been feeling down for a while?

**Talk to your parents, guardian, or a trusted adult if you or your friends have experienced ANY of these things:**

- Trouble eating or sleeping
- Difficulty performing daily tasks, like going to school or class
- Not wanting to hang out with friends or family
- Not wanting to do things you usually enjoy
- Fighting a lot with family and friends
- Feeling like you cannot control your emotions
- Having trouble with your relationships with family and friends
- Having low or no energy
- Feeling hopeless
- Feeling numb or like nothing matters
- Continually thinking about certain things or memories

- Feeling confused, forgetful, edgy, angry, upset, worried, or scared
  - Changes in mood or behavior, either positive or negative
  - Wanting to harm yourself or others
  - Smoking, drinking, or using other drugs
- Everyone goes through tough times, and no matter how long you have had something on your mind, it is important that you talk to someone about it.

## Online Resources

The Montgomery County BtheOne suicide awareness and substance use prevention campaign website describes action steps to help oneself and friends and includes links to resources and hotlines. [www.BtheOne.org](http://www.BtheOne.org)

National Association of School Psychologists provides information and resources related to mental health, coping, tips for families and schools to support grieving students, and suicide awareness, among other topics. [www.nasponline.org/resources-and-publications/resources](http://www.nasponline.org/resources-and-publications/resources).

EveryMind, 1000 Twinbrook Parkway Rockville, MD 20851, 301-424-0656, [info@EveryMind.org](mailto:info@EveryMind.org), provides mental health services to youth, adults, and the military, as well as crisis support services.

The Society for the Prevention of Teen Suicide family resource webpage includes information on warning signs, how to support your child who needs help, and how to talk with your children about mental health, suicide awareness, and the aftermath following a tragic loss. [www.sptsusa.org/parents](http://www.sptsusa.org/parents).

The Centers for Disease Control information fact sheet on the prevalence and public health issue of suicide, warning signs, and resources. [www.cdc.gov/violenceprevention/pdf/suicide\\_factsheet-a.pdf](http://www.cdc.gov/violenceprevention/pdf/suicide_factsheet-a.pdf).

The Trevor Project is a national organization focusing on suicide prevention and crisis intervention, particularly for lesbian, gay, bisexual, trans-gender, and questioning youth. The website includes information and resources, as well as Trevor lifelines, chats, and texts. [www.thetrevorproject.org](http://www.thetrevorproject.org).

The Dougy Center's National Center for Grieving Children and Families provides resources, by age group, and information on support groups for youth, adults, and families experiencing grief following a death. [www.dougy.org/grief-resources/talking-with-children-about-tragic-events/](http://www.dougy.org/grief-resources/talking-with-children-about-tragic-events/).

The Campaign to Change Direction's goal is to change the culture of mental health so that individuals are able to seek and receive the help and support that they need. The Campaign includes information and infographics on five of the warning signs of depression and strategies to support emotional wellbeing. [www.changedirection.org](http://www.changedirection.org).

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