

Particularly during a time of crisis, it's important to remember to **ACT!**

The sudden change in home and school life due to COVID-19 can be frustrating and stressful, especially for students. A lack of regular routine, feeling isolated from friends, and missing out on activities you usually enjoy could be taking its toll. It's OK to feel overwhelmed sometimes but it's important to keep taking care of yourself and looking out for your friends especially when times are tough.

Acknowledge that you're seeing signs of suicide in yourself or a friend.

Signs your friend might need help include:

A



Major changes in behavior



Sounding really down or hopeless



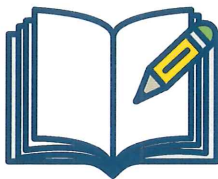
Withdrawing from family and friends

Show your friend that you Care and practice self-care.

Ways to Care for yourself



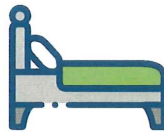
Exercise



Start a healthy hobby like journaling, reading, crafts, etc.



Keep a regular routine



Get enough sleep



Nutrition

Ways to Care for a friend



Stay in touch, even if it's virtually

Remind them to practice self-care, like you are doing



C

Tell a trusted adult.



It may seem harder to find a trusted adult to talk to when you're out of school, but there are still people you can talk to. Make a list of trusted adults below. Remember to think about extended family members, friends' parents, teachers you may still be able to contact, or more.

T

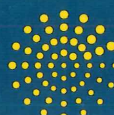
Help is always available.

If you need someone to talk to, reach out to these resources.

Reach the **Crisis Text Line** by texting **ACT** to **741741**.

Contact the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**

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MindWise
SOS SIGNS OF SUICIDE



LEARN TO ACT

WONDERING ABOUT THE ACT MESSAGE?

Ask your child! Your student has learned to ACT (Acknowledge, Care, Tell) so they are prepared to get help for themselves or a friend. With students home from school, the ACT message is more important than ever. Check in with your child to:

Acknowledge any concerns they may have about their own emotions or a friend's reactions.

Care: Show them how much you care by listening and taking their concerns seriously.

Tell: Make yourself available as a safe person they can tell about big problems.

TALKING TO YOUR CHILD

While your child is out of school, take some time to start a conversation about mental health. This can be tough for families as often in our society, mental health isn't discussed openly like physical health. Feelings of depression or anxiety are often hidden because youth are confused, embarrassed, or ashamed. You can help protect your child and their friends by talking to them.

- » Ask open-ended questions. Let your child steer the conversation to what they want to talk about.
- » Don't rush to solve their problems. Instead, ask what they think would help a situation.
- » Be available and make sure your child knows it. "I'm around if you want to talk later" may help.
- » Try talking on a walk. The relaxed atmosphere makes it easier for some kids to open up.

CONCERNED ABOUT YOUR CHILD?

Take a Mental Health Screening »

<https://screening.mentalhealthscreening.org/sos>

NATIONAL RESOURCES

National Suicide Prevention Lifeline: Call 1-800-237-TALK (8255)

Crisis Text Line: Text 'ACT' to 741741 for free, 24/7 support.

SAMHSA (Substance Abuse and Mental Health Service Administration) National Helpline: 1-800-662-HELP (4357)

SAMHSA Treatment Locator: <http://findtreatment.samhsa.gov>

HOW YOU CAN BUILD PROTECTIVE FACTORS

Name: _____

- Some health questions are simple: How can you protect your teeth from cavities?
- Some health questions seem more difficult: How can you protect your mental health?

All health is impacted by **Protective Factors**. When it comes to mental health, protective factors are good relationships, healthy habits, and other beneficial parts of your daily life that positively impact you. Having the right tools to protect your mental health makes it easier to handle life's challenges.

Some examples of protective factors include...

STAYING CONNECTED

Staying connected means feeling socially close to friends, peers, and family members. Even though you're not able to see your friends in person, there are still ways you can stay connected. Ideas include sending a text, talking on the phone, or video chatting.

What are three ways you will stay connected to your friends during this time?

1.

2.

3.

HEALTHY COPING STRATEGIES

Healthy coping strategies are techniques that help reduce stress in a way that does not harm you. Examples include:

- Exercise
- Listening to music
- Talking to a trusted adult

What are three healthy coping strategies you will use during this time?

1.

2.

3.