

HMS COUNSELORS NEWSLETTER

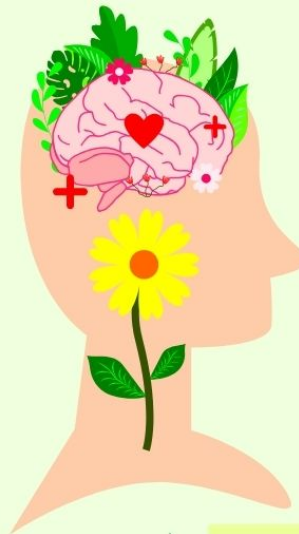
COUNSELORS

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MENTAL HEALTH PROFESSIONAL

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WHAT IS MENTAL HEALTH AND WHY IS IT IMPORTANT?

MENTAL HEALTH INCLUDES OUR EMOTIONAL, PSYCHOLOGICAL, AND SOCIAL WELL-BEING. IT AFFECTS HOW WE THINK, FEEL, AND BEHAVE. IT ALSO HELPS DETERMINE HOW WE HANDLE STRESS, RELATE TO OTHERS, AND MAKE DECISIONS.

POOR/ NEGATIVE MENTAL HEALTH CAN AFFECT HOW WE TAKE CARE OF OURSELVES. GO TALK TO THE COUNSELORS TO FIND OUT MORE INFORMATION

10 CONVERSATION STARTERS

To get in the back-to-school groove

- What was your favorite thing you did today?
- What did you do today that you're proud of?
- What happened today to make you laugh?
- What did you learn today that you think I don't know?
- If you could take a class in anything, what would it be?
- What was the hardest thing you did today?
- If you made the school rules, what would your top 3 be?
- What are you most looking forward to this year?
- What are you most nervous about this year?
- What are your top 3 wishes for this year?

SEPTEMBER

SEPTEMBER IS SUICIDE AWARENESS MONTH.

DID YOU KNOW?

- ON AVERAGE, THERE ARE 132 SUICIDES PER DAY.
- SUICIDE IS THE 2ND LEADING CAUSE OF DEATH AMONG PEOPLE AGED 10-14 AND THE 3RD LEADING CAUSE OF DEATH AMONG PEOPLE AGED 15-24 IN THE U.S.
- 59% OF ALL SUICIDES WERE BY FIREARMS.

IF YOU OR SOMEONE YOU CARE ABOUT MAY BE AT RISK OF SUICIDE, DON'T HESITATE TO REACH OUT FOR HELP RIGHT AWAY.

THESE RESOURCES ARE AVAILABLE 24/7:

- CALL OR TEXT 9-8-8, THE 24/7 SUICIDE AND CRISIS HOTLINE
- TEXT "CONNECT" TO 855-11 TO CONTACT PRS CRISISLINK
- LIFELINE CHAT: SUICIDEPREVENTIONLIFELINE.ORG/CHAT
- CALL PRS CRISISLINK AT 703-527-4077.
- IN AN IMMEDIATE, LIFE-THREATENING SITUATION, CALL 911.

WHAT CAN BE WARNING SIGNS

THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION INDICATE THE FOLLOWING BEHAVIORS AS WARNING SIGNS:

- TALKING ABOUT BEING A BURDEN TO OTHERS.
- GIVING BELONGINGS AWAY.
- LOOKING FOR A WAY TO KILL ONESELF SUCH AS SEARCHING ONLINE OR BUYING A GUN.
- TALKING ABOUT FEELING HOPELESS OR HAVING NO REASON TO LIVE.
- TALKING ABOUT FEELING TRAPPED OR UNBEARABLE PAIN.
- INCREASING THE USE OF ALCOHOL OR DRUGS.
- ACTING ANXIOUS OR AGITATED, BEHAVING RECKLESSLY.
- SLEEPING TOO LITTLE OR TOO MUCH.
- WITHDRAWING OR FEELING ISOLATED.
- TALKING ABOUT WANTING TO DIE OR TO KILL ONESELF.
- SHOWING RAGE OR TALKING ABOUT SEEKING REVENGE.
- DISPLAYING EXTREME MOOD SWINGS.

TIER I- III INITIATIVES

THE COUNSELORS SUPPORT THE SOCIAL EMOTIONAL WELLNESS OF ALL STUDENTS BY CREATING SCHOOL-WIDE INITIATIVES TO REDUCE MENTAL STIGMA AND PROACTIVELY PROMOTE WELLNESS. OUR FOCUS IS IMPLEMENTING SOCIAL-EMOTIONAL LEARNING DURING ADVISORY, IN SMALL GROUPS, AND INDIVIDUALLY TO STUDENTS. THE TOPIC OF THESE LESSONS INCLUDE: SELF-MANAGEMENT, SELF-AWARENESS, SOCIAL AWARENESS, RELATIONSHIP SKILLS, AND RESPONSIBLE DECISION MAKING