



# STUDENT MENTAL HEALTH SUPPORT

## WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act.

## WHAT ARE FACTORS THAT CAN IMPACT OUR MENTAL HEALTH?



- Stress
- Environment
- School/work
- Family and friends
- Sudden changes to our routines
- Biological factors
- Grief and loss
- Alcohol or drug use

## HOW CAN I TELL IF I AM STRUGGLING WITH MY MENTAL HEALTH?

If you start to notice any of the following behaviors in yourself or your friends, you or they may be struggling with your mental health:

- Too much or too little sleep
- Over/undereating
- Difficulty concentrating
- Lack of motivation
- Wishing to be alone for long periods
- Lack of interest in things that used to be enjoyable
- Irritability
- Hearing voices or seeing things that are not there
- Thoughts of death or dying



## WHERE CAN I GO TO GET HELP?

### At School:

- An administrator
- School Counselor
- School Psychologist
- School Social Worker
- School Nurse
- Teacher
- Coach
- Any trusted adult

### At Home or in your Community:

- National Suicide Prevention Lifeline - 988
- Crisis Text Line - Text "Home" to 741741
- The Trevor Project Lifeline 1-866-488-7386
- LACDMH Helpline 1-800-854-7771
- Local Police Non-emergency number (626) 384-5595
- Substance Abuse and Mental Health Services Administration Hotline 1-800-662-4357

### MENTAL HEALTH RESOURCES



### FOR COUNTY-WIDE RESOURCES, SCAN THIS QR CODE



## WHAT CAN I DO TO MANAGE MY MENTAL HEALTH?

The following are positive coping skills that you can practice when you notice your feelings, thoughts, or behaviors are becoming harder to manage:

- Practice deep breathing
- Meditate
- Go for a walk
- Journal
- Talk to a counselor/therapist
- Exercise

## BE MINDFUL OF COPING SKILLS THAT MAY BE MORE HARMFUL IN THE LONG RUN



Some coping skills may make you feel relieved and improve your mood temporarily. However, they can have longer-lasting negative effects on your mental health. Be careful about engaging in certain activities such as:

- Drug and alcohol use
- Risky sexual behaviors
- Negative peer associations
- Isolating
- Self-harming behaviors





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# HOW TO HELP YOUR CHILD IN CRISIS: SUICIDE PREVENTION AWARENESS



## Suicide is preventable.



- Suicide is defined as death caused by self-directed injurious behavior with intent to die as a result of the behavior.
- A suicide attempt is a non-fatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior. A suicide attempt might not result in injury.
- Suicidal ideation refers to thinking about, considering, or planning suicide.

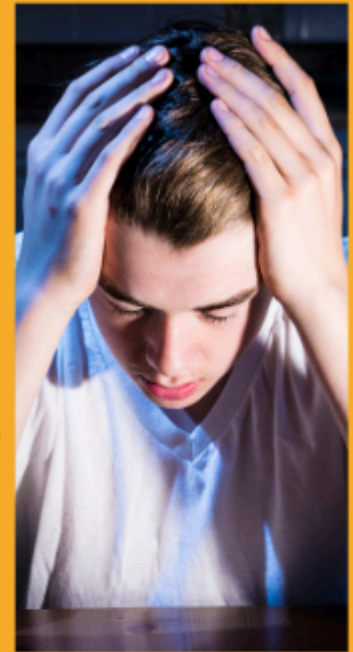
## Warning Signs:

- Feelings of sadness, hopelessness, helplessness
- Significant changes in behavior, appearance, thoughts, and/or feelings
- Social withdrawal and isolation
- Suicide threats (direct and indirect)
- Suicide notes and plans
- History of suicidal ideation/behavior
- Self-injurious behavior
- Preoccupation with death
- Making final arrangements (e.g., giving away prized possessions, posting plans on social media, sending text messages to friends)
- Impulsive and reckless behaviors
- Substance abuse



## Risk Factors:

- Existing or underlying mental health diagnosis (i.e. anxiety, depression, substance abuse)
- Access to means (e.g., firearms, knives, medication)
- Stressors (e.g., loss, peer relations, school, gender identity issues)
- History of depression, mental illness, or substance/alcohol abuse
- History of suicide in the family or of a close friend
- History of mental illness in the family
- Childhood abuse, neglect or trauma



## How to Talk to Your Child

- **Listen.** The most important thing you can do is let the person know that you are available to listen without judgement.
- **Ask how you can help.** Give the power back to the person that's struggling. Ask how you can be helpful, whether it's sitting with them when they're lonely or helping them find resources/help.
- **Keep it casual.** This is your child, let them know you're here to support.
- **Let them open up at their pace.** If they're not ready to talk, let them know that you're here to listen whenever they're ready.
- **Encourage them to reach out for help.** Provide them with the right supports.



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# HOW TO HELP YOUR CHILD IN CRISIS: SELF-HARM



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## What is Self-Harm?

Self-harm and self-injury are any forms of hurting oneself on purpose. Usually, when people self-harm, they do not do so as a suicide attempt. Rather, they self-harm as a way to release painful emotions.



## How to Keep Your Child Safe

It's important for you to know where your child is at all times.

- When they're home, check on them often.
- Tell them where you are. This way, if they need you, they can get to you quickly.
- There must be a trusted adult around your child at all times.
  - This includes visits with family or friends.
  - This adult should monitor your child and support the use of their safety plan.
  - Tell this adult about all safety measures that will keep your child safe.

## Emergency Actions

If your child mentions wanting to harm themselves, always take it seriously. This includes comments about dying, self-harm, or an attempt to end their life. Act right away on your child's comments. Seek support from a local health care provider. You can also contact any of these services 24 hours a day, 7 days a week:

National Suicide Prevention Lifeline: 1 (800) 273-TALK  
Call or text 988 Mental Health Emergency  
Crisis Text Line — Text "4HOPE" to 741-741  
Call 911 or take your child to the closest emergency room.

## Keep Your Home Environment Safe

Consider checking all areas of your home including the garage, toolshed, your child's backpack and car.

### Medication:

- Over-the-counter (OTC)
  - Prescriptions
  - Vitamins
1. Use a lock box to store and secure all medicine.
  2. Get rid of any medicine that is expired, no longer being taken, or not needed.
  3. Keep track of how much medicine you should have.

### Firearms:

- Guns, Rifles, Pistols
  - Ammunition
1. Do not keep firearms in the home.
  2. If you own firearms, keep them in a secure gun safe.
  3. Keep ammunition stored separately from firearms

### Sharp Objects:

- Knives
  - Scissors
  - Razors
  - Safety Pins
  - Nails
  - Needles
  - Broken Glass
1. Lock up all sharp objects
  2. Look through your whole home for these items.
  3. These items could be anywhere in your home like the garage, basement, or toolshed.

### Other Harmful Objects:

- Ropes
  - Alcohol
  - Extension Cords
  - Belts
  - Drugs
  - Cleaning Products
1. Lock up all of these items. Making sure your child can't get to them is not enough to keep them safe.
  2. All family members need to check for these items.
  3. Think about removing them from the home entirely.



# COVINA-VALLEY

## UNIFIED SCHOOL DISTRICT

### Crisis Hotlines

Suicide and Crisis Lifeline	988
National Suicide Prevention Hotline	(800) 273-8255
24/7 Suicide Crisis Hotline	(877) 727-4747
Crisis Text Line	Text "HOME" to 741-741
Trevor Project (LGBTQ+ Crisis Hotline)	(866) 488-7386 or Text "START" to 678-678
National Sexual Assault Hotline	(800) 656-HOPE
Runaway Hotline	(800) 786-2929
Teen Pregnancy Hotline	(800) 672-2296
Domestic Violence	(800) 799-7233
SAMHSA Drug & Alcohol Abuse	(800) 662-4357

### 24 Hour Urgent Psychiatric Services

\*Individuals can be seen at any hospital emergency room

Aurora Charter Oak Hospital  
(Ages 9+)

1161 E. Covina Blvd  
Covina, CA 91724  
(626) 966- 1632

Hotline #: (800) 654-2673

Behavioral Health Urgent Care  
(Ages 13+)

18501 Gale Avenue, Suite 100  
City of Industry, CA 91748  
(626)626-4997

BHC Alhambra Hospital  
(Ages 12+)

4619 N. Rosemead Blvd.  
Rosemead, CA 91770  
(626) 470-9583

### Family and Individual Counseling Services (Non-Crisis)

San Gabriel Valley NAMI "Warmline"	(626)577-6697
LA County Department of Mental Health (24/7 Access)	(800)854-7771
Hazel Heart Virtual Mental Health Resources	(800)764-2935
Care Solace "Care Companion" Mental Health Resources	(888)515-0595
APU Community Counseling Center- Azusa	(626) 815-5421
Five Acres – West Covina	(800)696-6793
ENKI Mental Health Services- West Covina	(866) 227-1302
Foothill Family Services- West Covina	(626) 993-3000 Medi-Cal
Pacific Clinics- Glendora	(626) 335-5980 Medi-Cal
Hillsides & Bienvenidos Family Resource Center	(323) 274-3075 Medi-Cal
Center for Integrated Family Health Services	(626) 966-1577 Medi-Cal