

Local Resources:

Maggie: maggiethompson@hcsd3.k12.or.us

VideoChat Office Hours for HMS: Mon-Wed from 1:00pm-4:30pm

VideoChat Office Hours for BHS: Mon-Wed from 8:00am-12:00pm

Symmetry Care: 541-573-8376 symmetrycareinc.com

This is info for families -

Reach Out Oregon- 1-833-732-2467- Regional families with children experiencing mental, emotional or behavioral health challenges will gain access to a support team of families and friends and a community network where questions are answered, resources are shared, and needs are understood.

Here are five ways adults can support children and each other:

1. Remain as calm as possible. The most important thing that we can do is to remain as calm as possible. Consider small things that you can do each day to calm your mind and body. Even a moment or two of quiet can go a long way. You can model this for your children, or have them practice calming strategies with you.

2. Children are looking to us for guidance. Children will often mirror our emotions, words, and body language. You do not have to be perfect, but do pay close attention to what you say and do, what media you interact with and how it affects your mood and behavior. It is important to stay updated, but also to take breaks from the news when overwhelmed.

3. Provide a safe emotional place. The more we can provide a safe emotional place for ourselves and children, the less fearful and stressed we will become. Children often fear what they do not understand. Make time to listen, and calmly and directly provide them with clear and accurate information that is appropriate to their age. Expect them to ask the same question more than once. If you're not sure of the answer you can find information about COVID-19 and how to talk with children on the CDC and OHA websites.

4. Take action. There is a great deal that we cannot control right now, and feeling powerless may increase our anxiety and distress. The more we empower ourselves and children to control the things that we can, the better. Use this as an opportunity to teach children how to reduce the spread of disease. That may mean offering instructions about washing hands for at least 20 seconds, keeping at least six feet away from others and coughing or sneezing into a tissue and discarding it. It is important to remember that exerting too much control of children's lives might lead them to feel Mental Health and Social Supports 2 more anxious. Allow them to make age-appropriate decisions about how to spend their time.

5. Find ways to stay connected with others. Being alone or isolated from friends, family, classmates and other supports can make being out of work or school particularly challenging. Make sure to connect with others at a distance as much as possible. Use the telephone, video conferencing and other forms of messaging and communication to keep in touch, and schedule time with others. Help children to connect with friends and family, and schedule as much quality time with them as possible. Also, make sure to take time and space away from others if needed.

This is for youth-

How to Prevent Youth Suicide - Youth Version If you or someone you know is experiencing severe emotional distress or is suicidal, GET HELP IMMEDIATELY by contacting one or more of the following:

- Call 911 or your local crisis line
- National Suicide Prevention Lifeline at 1-800-273-TALK En español: 1-888-628-9454
- Crisis Text Line (text “HOME” to 741741)
- The Teen Line: 1-310-855-HOPE (4673)
- National Youth Crisis Hotline: 1-800-448-4663
- Find Crisis Services in Your County • Substance use help: 1-800-662-HELP (4357)
- For Peers: warmline.org links to warmlines in every state or chat Lifeline Crisis Chat or Crisis Text Line.
- For Youth: Oregon Youthline or call 877-968-8491 or text “teen2teen” to 839863 • For LGBTQIA+ Youth: The Trevor Project website or call (866) 488-7386 for a 24-hour toll-free suicide hotline or Trans Lifeline at 1-877-565-8860. • For Native Youth: WeRNative, You are Not Alone Network
- When a Friend Dies: Guidelines

Emotions like fear, sadness, anger, frustration and anxiety are natural responses to the COVID19 outbreak. Many of us will experience some or all of these emotions and others as we cope with the novel Coronavirus. **It is important to remember that everyone reacts differently to stressful situations, and that you are never alone.**

Things you can do to take care of yourself There are things that you can do when you feel distressed, overwhelmed or in a state of panic. These might include:

- Taking breaks from watching television; playing video games; listening to, watching or reading the news; and being aware of how social media affects your mood.
- Making time to communicate regularly with friends and family online, or by telephone or text.
- Doing your best to get plenty of sleep, eat healthy meals and exercise regularly.
- Taking time to relax, unwind, do things that you enjoy or try something new.
- Talking with trusted adults about concerns and feelings.
- Avoiding alcohol and drugs. Mental Health and Social Supports 2

- Having conversations about things other than the Coronavirus outbreak.
- Making a list of things that you like to do, or people that you can talk to over the phone, text, chat, or social media, and consider creating a regular schedule of activities each day.

When to ask for help:

Youth suicide is the leading cause of death among school-age children and teens. Particularly during the school closure, students may feel alone, afraid and unsure of what to do.

At this time, it is natural to experience signs of distress such as:

- Fearing for and worrying about your health and the health of friends, family and loved ones.
- Feelings of sadness, depression or a lot of irritability.
- Feelings of hopelessness or ongoing worries about the future.
- Feeling a lack of interest in activities that you used to enjoy.
- Having significant changes in your appetite or weight. • Having significant changes in your sleep patterns.
- Feeling that you're too tired to move, work or play most of the time.
- Feeling hyper or agitated most of the time, or having a very hard time relaxing. • Feeling worthless or very guilty.
- Having a very difficult time concentrating and making decisions.
- Having thoughts of or plans to hurt yourself or others.

If you find yourself feeling overwhelmed a lot, or frequently experiencing three or more of these signs of distress, it is important to talk with someone or to ask for help.

You can speak with teen peers beginning April 1, 2020 at Lines for Life at: 877-968-8491, Text teen2teen 839863, Chat www.oregonyouthline.org. When we feel overwhelmed, we might believe that things will never change.

But remember that the COVID-19 outbreak will end at some point. Most importantly, remember that you are never alone, and there are people waiting to support you at any time.

Thank you,

Maggie