

WHO are we?

WHAT are you feeling?

WHERE can you turn for help?

HOW can you become resilient?

**Victor High School
Counseling Department**



Victor High School Counseling Office

Who are we?

SCHOOL COUNSELORS

Mary Banaszak (A-Co)

Travis Hooper (Cr-G)

Heidi Nelson (H-Mc)

Moira Platzer (Me-R)

Geoff Mandile (S-Z)

Victor High School Counseling Office

Who are we?

School Psychologists

Kate Mandile (A-K)

Leah Daniels-Farren (L-Z)

School Social Worker

John Ryan (A-Z)

Secretaries

Mrs. Stone

Mrs. Turner



*I really just need
someone to talk to*

We are here to support you!

WHY ARE WE HERE?

- Physical Health
- Mental Health

Our Health

Physical Health



- Good and Bad days
- Cold or Headache
- Lasts for only a few days and then gets better
- If it persists, (have a fever, can't function) then go to the doctor
- Dr. may recommend
 - Fluids/rest
 - Medicine
 - Go to a specialist

Mental Health



- Good and Bad days
- Stressed or Sad
- Lasts longer than expected and does not really get better
- If it persists, (can't sleep, can't function) then tell an adult
- "I need help now"
- Recommendations may include
 - Counseling
 - Medicine
 - Go to a specialist

Stress vs. Anxiety

Stress is:



- Normal
- Pressure, tension or nervousness
- Temporary or short-lived
- Is a response to something happening
- Can be positive or negative
- Can come and go but does not fully disrupt your life

Anxiety is:



- An intense feeling of being worried
- Tends to be longer lasting
- Is irrational or stronger than necessary for the situation
- Has a negative impact on thoughts, health, and lifestyle
- Can be paralyzing and often prevents you from participating in day-to-day activities
- A medical condition that affects the body and mind
- Treatable

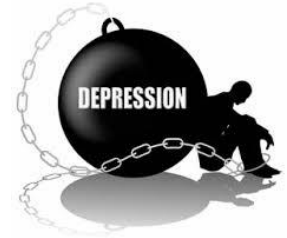
Sadness vs. Depression

Sadness is:



- Response to something negative
- Can still have fun
- Feeling down or unhappy, but can be intense
- Easier to talk about
- Temporary or short-term

Depression is:



- Unexplainable
- Fun does not fix it
- Ongoing, overwhelming numbness
- Hard to explain or identify
- Long-lasting (more than a couple weeks)
- More than just feeling sad
- A medical condition that affects the body and mind
- Treatable

Video: A-C-T

<https://sossignsofsuicide.org/themed-clips>

Acknowledge:

- Make eye contact.
- ***"I know you're upset but saying that is really serious."***

Care:

- Offer to go to a trusted adult *together*.
- Emphasize your concern, ***"I'm really worried about you."***
- Repeat, ***"I'll be there with you."***

Tell:

- When asked to promise not to tell, reply, ***"I can't do that! I think you're really depressed, and we have to talk to somebody."***
- Don't give up if the person you care about doesn't want to talk to anyone. ***Say, "If you don't, I will."***
- Reassure them that ***it will be okay and that they just need help.***



What should you say if a friend talks/texts about suicidal feelings?

- ***"I'm really worried about you."***
- ***"I'm here for you."***
- ***"Let's go together to talk to an adult who can help."***
- ***"If you don't, I will."***
- ***"Your thoughts do not have to become your actions."***
- ***"I love you, please stay. I want you to be here tomorrow."***

Concerned about yourself or someone else?

TIMING

❖ In School (7:30am - 3:00pm)

- Tell a teacher/adult you need to go to the Counseling Office
- Speak to the Counseling Secretary-tell her it is important!
- Meet with Counselor, Social Worker, or School Psychologist



❖ After School, Weekends, and Holidays

- **Contact an ADULT immediately** Parent, relative, neighbor, or friend of family
 - Dial 211 (Counselors on duty 24/7)
 - Text 741741 (Counselors on duty 24/7)
 - Call 911 for emergency response from police, ambulance and/or Mental Health Crisis Counselors



NOTE: Please DO NOT E-MAIL as it delays a response

What to expect

*I really just need
someone to talk to*

See a Counseling Office Secretary to identify someone who is available to talk with you. Tell them it is important!

- Mrs. Stone (near the Main Office)
- Mrs. Turner (near the College and Career Center)

Meeting with Counselor

- Confidentiality: What is said here, stays here...unless concern for harm to self or others
- Create Follow-Up Plan Together

Practicing Self-Care to Develop Resiliency

- Exercise



- Eat a healthy diet



- Take part in activities you enjoy



- Disconnect from technology



- Talk to a trusted adult



- Relax or meditate



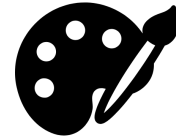
- Listen to music



- Get quality sleep



- Be creative



- Spend time with people you

enjoy



How do you practice self-care to
build your RESILIENCE?

➤ Ticket out the door...



*I really just need
someone to talk to*

Remember...

We are here to support you!