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
<table>
<thead>
<tr>
<th>Sadness is:</th>
<th>Depression is:</th>
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</thead>
<tbody>
<tr>
<td>• Response to something negative</td>
<td>• Unexplainable</td>
</tr>
<tr>
<td>• Can still have fun</td>
<td>• Fun does not fix it</td>
</tr>
<tr>
<td>• Feeling down or unhappy, but can be intense</td>
<td>• Ongoing, overwhelming numbness</td>
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<tr>
<td>• Easier to talk about</td>
<td>• Hard to explain or identify</td>
</tr>
<tr>
<td>• Temporary or short-term</td>
<td>• Long-lasting (more than a couple weeks)</td>
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<tr>
<td></td>
<td>• More than just feeling sad</td>
</tr>
<tr>
<td></td>
<td>• A medical condition that affects the body and mind</td>
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<td></td>
<td>• Treatable</td>
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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

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!