

Social & Emotional Survival Guide

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SafeUT Crisis line

- ❖ Downloadable app for anyone.
- ❖ Call in or tip anonymously with concerns for self or others.
- ❖ Mental Health professionals available 24/7.

Chat - CrisisLine

Opens 2 - way messaging with a SafeUT CrisisLine counselor.

Call - CrisisLine

Tap this to speak to a SafeUT CrisisLine counselor. The CrisisLine number will appear and you can call immediately.



Submit a Tip

Submit confidential tips to school administrators on bullying, threats, or violence.

Community Statistics

- ❖ Davis School District reported nearly 2,000 SafeUT tips were sent in during the 2018-19 school year.
 - ❖ Depression: 185
 - ❖ Metal Health reports: 164
 - ❖ Suicidal Ideation: 351
 - ❖ Harm to self/others: 777
- ❖ Our students are struggling, and we need to help!

What We're Doing To Help at VHS

- ❖ VHS “Mental Health Education” page
 - ❖ <https://vhs.davis.k12.ut.us/parents-students/counseling-center/mental-health-education>
- ❖ Viking Peer Support Group
 - ❖ Meets monthly on specific topics
- ❖ Viking's Care Conference and Theatre performance
 - ❖ Conference specifically for students during the school day
 - ❖ Theatre performance during school by the Utah Shakespeare Festival Theatre group
- ❖ Community Outreach Night
 - ❖ Guest speaker coming to speak to our community on “Resiliency”

Viking Peer Support Group

- ❖ When: Meets Monthly on 1st Tuesday of Month at 7:45 AM
- ❖ Where: Media Center Library
- ❖ Themes:
 - ❖ September = Mindfulness
 - ❖ October = Resiliency
 - ❖ November = Depression & Suicide
 - ❖ January = Stress
 - ❖ February = Anxiety
 - ❖ March = Social Media
 - ❖ April = Bullying

Viking's Care Conference

- ❖ Two-day student conference during history classes, November 4th and 5th.
- ❖ Topics being covered
 - ❖ Self-worth
 - ❖ Social Media
- ❖ Theatre performance by the Utah Shakespeare Festival performing group
 - ❖ “Every Brilliant Thing”
 - ❖ Invitation sent out to all teachers, attendance is based on teacher acceptance to attend
 - ❖ January 8th, during school day

Community Outreach Night

- ❖ When: Tuesday, November 25th at 7:00 PM
- ❖ Where: Viewmont High School Auditorium
- ❖ Guest Speaker: Former Viewmont Alumni Ben Kjar will be speaking on Resiliency.

How to Start (and Continue!) a Conversation About Mental Health

You don't need special training to have an open, authentic conversation about mental health – and often, just talking about it can be the first important step in understanding where someone is with their mental health and helping them get support or treatment if needed.

- ❖ What do you say?
- ❖ The timing doesn't have to be perfect.
- ❖ What if they hesitate?
- ❖ Would they be more comfortable talking to someone else?
- ❖ What if they tell you they're having a hard time?