

High School Social & Emotional Survival Guide

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Who is your counselor?

Last names starting with...

A-E



Who is your counselor?

Last names starting with...

F-Le



Who is your counselor?

Last names starting with...

Li-R



Who is your counselor?

Last names starting with...

S-Z



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.

Davis School District 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!

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?

QPR: Question, Persuade, Refer

QPR is not intended to be a form of counseling or treatment.

QPR is intended to offer hope through positive action.

Myths and Facts About Suicide

- ❖ **Myth:** No one can stop a suicide, it is inevitable.
- ❖ **Fact:** If a young person in a crisis gets the help they need, they will probably never be suicidal again.
- ❖ **Myth:** Confronting a person about suicide will only make them angry and increase the risk of suicide.
- ❖ **Fact:** Asking someone directly about suicidal intent lowers anxiety, opens up communication and the risk of an impulsive act.

Myths and Facts About Suicide

- ❖ **Myth:** Only experts can prevent suicide.
- ❖ **Fact:** Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.
- ❖ **Myth:** Suicidal young people keep their plans to themselves.
- ❖ **Fact:** Most suicidal people communicate their intent sometime during the week preceding their attempt.
- ❖ **Myth:** If a suicidal youth tells a friend, the friend will access help.
- ❖ **Fact:** Most young people do not tell an adult.

Good Friends Don't Keep Deadly Secrets!

Suicide Clues And Warning Signs

*The more clues and
signs observed,
the greater the risk.*

*Take all signs
seriously.*

Strongest Predictors

- ❖ Previous suicide attempt
- ❖ Current talk of suicide/making a plan
- ❖ Strong wish to die/preoccupied with death (i.e., thoughts, music, reading)
- ❖ Depression (hopelessness, withdrawal)
- ❖ Substance use
- ❖ Recent attempt by friend or family member

Warning Signs Continued...

Verbal Clues:

“I’ve decided to kill myself.”

“I wish I were dead.”

“I’m going to commit suicide.”

“I’m going to end it all.”

“If (such and such) doesn’t happen, I’ll kill myself.”

Indirect or “Coded” Verbal Clues:

“I’m tired of life, I just can’t go on.”

“My family would be better off without me.”

“Who cares if I’m dead anyway.”

“I just want out.”

“I won’t be around much longer.”

“Pretty soon you won’t have to worry about me.”

Warning Signs Continued...

Behavioral Clues:

- ❖ Past suicide attempt
- ❖ Getting a gun or stockpiling pills
- ❖ Giving away prized possessions
- ❖ Impulsivity/increased risk taking
- ❖ Unexplained anger, aggression, irritability
- ❖ Self-destructive acts (i.e., cutting)
- ❖ Chronic truancy, running away
- ❖ Perfectionism

Situational Clues:

- ❖ Being expelled from school or fired from job
- ❖ Family problems or alienation
- ❖ Loss of any major relationship
- ❖ Death of a friend or family member, especially if by suicide
- ❖ Diagnosis of a serious or terminal illness
- ❖ Financial problems (either their own or within the family)
- ❖ Sudden loss of freedom or fear of punishment
- ❖ Feeling embarrassed or humiliated in front of peers
- ❖ Victim of assault or bullying

Tips for Asking the Suicide Question



If in doubt, don't wait, ask the question



If the person is reluctant, be persistent



Talk to the person alone in a private setting



Allow the person to talk freely



Give yourself plenty of time



Have your resources handy; SafeUT Card, phone numbers, counselor's name and any other information that might help

Less Direct Approach To Asking The Question

“Have you been unhappy lately?”

“Have you been very unhappy lately?”

“Have you been so very unhappy lately that you’ve been thinking about ending your life?”

“Do you ever wish you could go to sleep and never wake up?”

Direct Approach To Asking The Question

“You know, when people are as upset as you seem to be, they sometimes wish they were dead. I’m wondering if you’re feeling that way, too?”

“You look pretty miserable; I wonder if you’re thinking about suicide?”

“Are you thinking about killing yourself?”

NOTE: If you cannot ask the question, find someone who can.

How to Persuade Someone to Stay Alive

1

Listen to the problem and give them your full attention

2

Remember, suicide is not the problem, only the solution to a perceived insoluble problem

3

Do not rush to judgment

4

Offer hope in any form

Then Ask

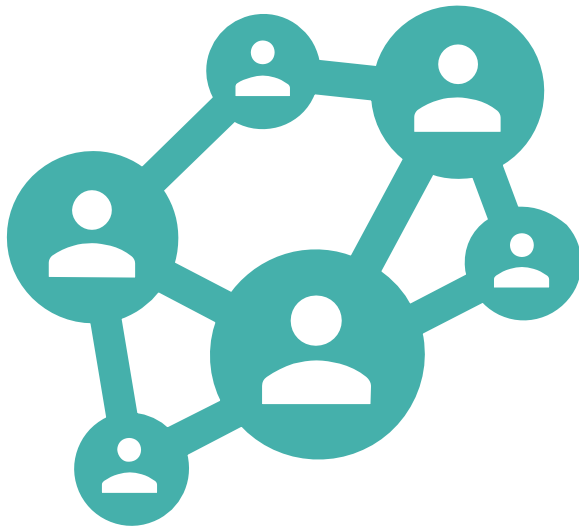
“Will you go with me to get help?”

“Will you let me help you get help?”

“Will you promise me not to kill yourself until we’ve found some help?”

YOUR WILLINGNESS TO LISTEN AND TO HELP
CAN REKINDLE HOPE AND MAKE ALL THE DIFFERENCE.

Refer to an Adult



- Suicidal people often believe they cannot be helped, so you may have to do more.
- The best referral involves taking the person directly to someone who can help.
- The next best referral is getting a commitment from them to accept help, then making the arrangements to get that help.
- The third best referral is to give referral information and try to get a good faith commitment not to attempt suicide. Any willingness to accept help at some time, even if in the future, is a good outcome.

Remember

Since almost all efforts to persuade someone to live instead of attempt suicide will be met with agreement and relief, don't hesitate to get involved or take the lead.

When you apply QPR, you plant the seeds of hope.

Hope helps prevent suicide.

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 & Foreign Figures
- ❖ Topic: RESILIENCY!

What Can YOU Do to Help?



Join Hope Squad



Be a good friend and pay attention to your peers and surroundings...if you see something or hear something, say something!



Self-care



If you find you're struggling, tell an adult or call SafeUT



Be open to asking for help