

THE COUNSELING CORNER @ KJH

NOVEMBER 2020

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Dropping Classes - As per district policy students cannot drop a class if there are 10 days or less left in the term.
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Honors Social – The Honor’s Social for 1st term achievements will be held Thursday, November 12, 2020. A treat will be handed out during 1st and 2nd lunches for those students receiving achievement tickets. The Honor’s Social is held at the end of each term. Students can earn a ticket to receive a ticket for academic achievement (High Honor Roll, Honor Roll, Academic Increase), Citizenship (7 H’s or more), and Perfect Attendance.
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9th Grade CCR’s – 9th Grade Students and Parents: If you have not had a chance to complete the 9th Grade Plan for College and Career Readiness (CCR) Module, please do so as soon as possible. The information module will be helpful as you plan for high school and beyond. Be sure to complete the short survey at the end. You can access the module using the following link:

<https://sway.office.com/1MPxxshXPg7MP09Z?ref=Link&loc=play>

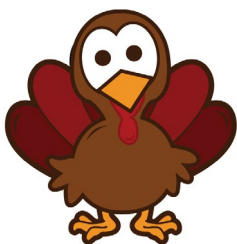
Thank you!!

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Mental Health Screening for Youth – Meet virtually with a mental health provider. and learn more about community resources. Registration closes October 29, 2020. Please see attached flyer for more details.
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Free Covid-19 Resources – If you or someone you know is experiencing stress, anxiety or depression because of Covid-19, please review the attached flyer for more details about resources that are available to you!

• **Dates • to • Remember •**

**November 25– 27 – No School
(Thanksgiving break)**



Need help with your homework?

Come to Knight Discovery!!

Knight Discovery is held every Tuesday, Wednesday, & Thursday from 3:15-4:15 pm. In the Media Center.



If you have any questions or are in need of any assistance, please feel free to contact the KJH Counseling Center @ 801-402-7207.

- Mr. Brown (A-G)
- Ms. VanDyke (H-O)
- Mrs. Erickson (P-Z)

DAVIS HELPS

Mental Health Screening for Youth

Registration closes October 29th

PreK & Elementary
Thursday, November 5
4-7 pm

Jr. High & High School
Wednesday, November 4
4-7 pm

Meet virtually with a mental health provider.

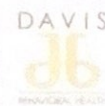
Learn about community resources.

Screening will address social and emotional needs,
depression, anxiety, trauma, and suicide.

The screening is not a full psychological evaluation.

Clinical diagnosis will not be made.

Parents must be present.



To schedule an appointment visit dbh.utah.org/screening
or call Angie Smith @ 801-336-1742.



Wellness Today

For Parents & Families

Where to Find Help

If you or your children are having thoughts of suicide, hearing voices, feeling paranoid, or feeling overwhelmed with responsibilities, get help now.

- Call 911.
- Go to the ER.
- Call the Suicide Prevention Lifeline (1-800-273-8255).

If it's not a crisis but you'd still like professional help, find a mental health professional near you for individual therapy or counseling, group therapy, support groups, or prescribed medication. There may be remote options available.

Here are some additional resources for finding support, help, or additional services.

- Samaritans—(877-870-4673)
- Crisis Text Line—text HOME to 741741
- NAMI helpline—(800-950-6264)
- National Domestic Violence Hotline—(800-799-7233)
- National Sexual Assault Hotline—(800-656-4673)
- Substance Abuse and Mental Health Services Administration—(800-662-4357)

Should I Seek Mental Health Help During Covid?

Because disasters, like a pandemic, can be detrimental to mental health, it's especially important to seek mental health help for yourself or your children if needed..

How Covid Can Impact Mental Health

• **Exacerbate mental illness.**

The isolation and day-to-day disruption caused by the virus can make existing mental illnesses, such as depression, or symptoms of them worse.

• **Relationship stress.** Emotions run especially high during times of trouble, which could negatively impact relationships, especially for people in close quarters. Being away from family and friends also causes stress.

• **Fear.** The pandemic brought a lot of uncertainty with it, which is a cause for fear. There is also fear of getting sick or of having loved ones become sick.

• **Feelings of isolation and loneliness.** Many people are still stuck at home, which is

stressful, boring, and lonely. Being unable to participate in social activities negatively impacts overall well-being.

• **Grief.** Whether it's not being able to work, not being able to go to school, not being able to celebrate milestones “normally,” or losing a loved one to the virus, the grief and hurt is real. Many people are mourning, whatever their loss.

• **Financial worry.** The economy as well as many families and communities have been negatively affected by the pandemic.

When to Find Help

If you or your children experience any of the following symptoms and they don't go away in a few days, it may be time to seek help.

- Feeling sad or guilty and crying often.
- Sleeping or eating more or less than usual.
- Trouble concentrating or holding still.
- Feeling sluggish and not interested in usual activities.
- Having panic or anxiety attacks.