

Counselor Corner Announcements

ATTN Seniors:

- Reminder to review your transcript with your parent/guardian and have it signed AND return it to me

College Bound Students:

- Click [HERE](#) for some links to some upcoming scholarship opportunities

10th Graders:

- Permission Forms for the NETCAT Career Fair @ TAMUC are due!

September's Focus- Patriotism

What does it mean to be "patriotic"?

What does patriotism look like?

How can we as Campbell ISD students uphold our school's mission, "...to be productive patriotic citizens"?



September is also **National Suicide Prevention Month**. Know the warning signs and if you or someone you know is experiencing the signs, report it.

There is a new easier way to report it. A new hotline has been created to make it easier to report. Dial 988 from your phone to save a life.



Click [HERE](#)

For the Suicide Prevention Guide



National Institute
of Mental Health

Thought to remember: It is better to lose a friendship than a friend...

Let's all be brave





SUICIDE AWARENESS AND PREVENTION

A Guide for Parents, Staff, and Youth



- Suicide is the second leading cause of death in youth ages 10-24.
- Each day in our nation, there are an average of over 3,703 suicide attempts by young people grades 9-12. If these percentages are additionally applied to grades 7 & 8, the numbers would be higher.
- Four out of five teens who attempt suicide have given clear warning signs.

KNOW THE SIGNS



What might I See?

- Posting on social media about death
- Withdrawing from friends and family
- Starting/increase of substance abuse
- Acting anxious or agitated
- Reckless behavior
- Showing rage
- Extreme mood swings
- Sleeping too much or too little
- Visiting people to say a form of goodbye
- Returning borrowed items/giving away possessions



What might I hear?

- Talk about killing oneself
- Idolizing people who have died by suicide
- Having no reason to live
- Being a burden
- Feeling trapped
- Talking about seeking revenge
- A need to escape
- Statements like: I don't deserve to live, I suck. My family would be better off without me. I won't be a problem for you much longer



What stressful life situations might be occurring?

- Abuse
- Suicide experience (know someone who has died by suicide or previous suicide behavior)
- Life changes (Divorce, housing, etc.)
- Loss (of loved one/pet, relationship, etc.)
- Rejection



What might I sense?

- Something is not okay (trust your gut instincts)
- Unbearable pain
- Relief or sudden improvement in mood
- Shame
- Overwhelmed with no hope for improvement
- Feeling unaccepted

While this is a helpful list of common signs, it is not complete and youth may show other warning signs.

WHAT TO DO



Start a conversation, express concern



Listen and validate feelings, be non-judgmental



Don't keep it a secret, don't promise secrecy



Don't leave them alone



Get Help

PROTECTIVE FACTORS



Effective Clinical Care: mental, physical, and substance abuse disorders



Self-worth: Self-esteem, sense of purpose, meaning in life, optimism, hope for future



Self-care: Hobbies, physical activity, creative outlet, mindfulness, giving self time to recharge



Supports: Cultural, personal, and religious



Connectedness: Family and community support, one caring adult/friend



Life Skills: Problem solving, coping skills, ability to adapt, to change, flexibility



Reducing Stigma: Open and direct talk about suicide