

JHS COUNSELING NEWSLETTER

SEPTEMBER - OCTOBER 2023

Welcome to JHS new and returning students and families! The goal of this publication is to keep you up to date with the happenings in the counseling office, and support students and families in academic development, social-emotional health, and college and career planning.

MEET THE COUNSELING OFFICE STAFF



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A - Ba
Multilingual Students



Taylor Reuhl
Be - Ci



Hannah Sessions
CI - Ha



Michelle Bainter
He - Ma



Christina
Hunsberger
Mb - Sa



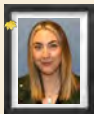
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Helen Thai
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Student &
Family Support



Michelle Ruan
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Breck Ivy
Dean of
Students



Brenda Dean
School
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PUZZLE TIME!

[Click here to solve this crossword puzzle as you read the newsletter -including the links!- and send a pic of the solved puzzle to \[ibergman@lwsd.org\]\(mailto:ibergman@lwsd.org\) by 10/20/23. The winner of a \\$25 MOD Pizza gift card will be announced on 10/27/23.](#)



Suicide Prevention Awareness Month

Raise awareness for suicide prevention
and treatment, know the risks and
warning signs for suicide and what to
do in a crisis.

September is Suicide Prevention Month, a time to raise awareness, talk about this topic openly, and spread hope and resources. People living with suicidal thoughts and feelings don't need to suffer in silence. Suicidal ideations, much like mental health conditions, can affect anyone regardless of age, gender, or background. In fact, suicide is often the result of an untreated mental health condition.

KNOW THE WARNING SIGNS

- Withdrawal from friends, family, and community
- Increase alcohol and drug use
- Aggressive behavior
- Dramatic mood swings
- Talking about been a burden to others
- Taking great risks that could lead to death
- Giving away possessions
- Collecting and saving pills or buying a weapon
- Talking about feeling trapped or that there are no solutions
- Saying goodbye to friends and family

Support One
Another

Support One
Another

Data provided
by



- A family history of suicide
- Substance use: Drugs can create mental highs and lows that worsen suicidal thoughts
- Intoxication: 1 in 5 people who die by suicide had alcohol in their system
- Access to firearms
- A serious or chronic medical illness
- Gender: although more women than men attempt suicide, and are 4x more likely to die by suicide
- A history of trauma or abuse
- Prolonged stress
- A recent tragedy or loss

KNOW THE RISK FACTORS

IF YOU OR SOMEONE YOU KNOW IS
STRUGGLING OR IN CRISIS, HELP IS AVAILABLE. CALL OR TEXT 988 OR CHAT
988LIFELINE.ORG TO REACH THE 988 SUICIDE & CRISIS LIFELINE

THERE IS HOPE FOR THE FUTURE. PEOPLE CARE ABOUT YOU, AND YOU ARE NOT A BURDEN.

79% OF ALL PEOPLE WHO DIE BY SUICIDE ARE MALE. ALTHOUGH MORE WOMEN THAN MEN ATTEMPT SUICIDE, MEN ARE 4X MORE LIKELY TO DIE BY SUICIDE.



ALL PEOPLE HAVE EMOTIONAL HIGHS AND LOWS. PROBLEM-SOLVING IS POSSIBLE, ONE ISSUE AT A TIME.



Read: How to help yourself and others with suicidal ideation.

support in a crisis

BE PATIENT.
Calmly ask direct questions like:
"Can I help you call your therapist or a loved one?"
"Can I take you to the counseling office?"

TALK OPENLY AND HONESTLY.
Don't be afraid to ask questions like:
"Do you have a plan for how you would kill yourself?"
Don't debate whether suicide is right or wrong.

Suicide is not the answer. There is hope.



Stories of Hope and Recovery
"For the first time in my life, I was learning to visualize my future instead of remembering my past".

Watch stories of recovery



SUICIDE

PREVENTION MONTH
IS A TIME FOR
CONNECTION.
LEARN HOW
YOU CAN #BETHERE
FOR THE PEOPLE
YOU CARE ABOUT
AND HELP
PREVENT #SUICIDE:
[HTTPS://BIT.LY/3PT2U7R](https://bit.ly/3PT2U7R)
#SPM23 #BETHE1TO

SPIRITUAL WELLNESS

connecting to your inner
and outer worlds to
support you in living
your values and purpose
[Read More](#)

EMOTIONAL WELLNESS

being kind to yourself as
you recognize and
experience a wide range
of emotions
[Read More](#)

PHYSICAL WELLNESS

knowing your body and
giving it what it needs for
health, healing, and
energy
[Read More](#)

SOCIAL WELLNESS

building and engaging in
trusting, respectful, and
authentic relationships
[Read More](#)

INTELLECTUAL WELLNESS

allowing your brain both
stimulation and rest for
critical thinking, curiosity,
and creativity
[Read More](#)

Read more about the
Dimensions of Wellness here

HAVE A GREAT FALL Y'ALL!