

James Tippit Middle School

Counselor's Corner

Middle School Years

National Suicide Prevention Month

By Holly Barrett



September is Suicide Prevention Awareness Month. National Suicide Prevention Week is September 6 – 12, 2020, with World Suicide Prevention Day on the 10th. During this month, mental health proponents will highlight the problem of youth suicide and educate people on prevention strategies. Tragically suicide is the second leading cause of death for young people ages 10-24. It is also one of the leading causes of PREVENTABLE death. FOUR out of FIVE teens who attempt suicide have given clear warning signs. That means in 80% of these cases, we have an opportunity to intervene and possibly save a young person who is at-risk. Learn the warning signs and know how to get help.

Warning signs include:

- Direct Verbal Cues:** A teen stating out loud or in writing an intention to harm him/herself.
- Behavioral Cues:** Giving away prized possessions; sudden interest or disinterest in religion; substance abuse; unexplained anger, aggression or irritability; disrupted sleep; drop in grades, effort, participation; isolation from peers and family
- Situational Cues:** Loss of a cherished relationship; Sudden unexpected loss of freedom/fear of punishment; Fear of becoming a burden to others; Victim of abuse or bullying; Social rejection or isolation

How to Help:

Emergency: Call 911

- [Crisis Text Line](#): text "home" to 741-741
- [National Suicide Prevention Hotline](#): 1-800-273-8255
- [Williamson County Mobile Outreach Team \(MOT\)](#): (512) 864-8277

Care Solace: Free 24/7 referral service to assist individuals with finding mental health services. Please contact the school counselor for additional information (see below right corner).

Entering Into the Teenager Years...

By Sean Moore



The middle school years also mark the beginning of the teenage years. This is the time period when many parents wonder what happened to their sweet child, and who is this person that has replaced them!?! Middle school years mark a period of time when children begin the transition to adulthood and start searching for their own identity. Teenagers are developing new thinking skills but this doesn't always mean that their reasoning, thinking, and behaviors make sense to their parents. Their bodies are in constant change involving new hormones and body chemistry. This also marks a period of time when relationships, both romantic and platonic, become the center of their focus, and boundaries in every area of their lives begin to be pushed. Adults that care for teenagers need to have clear expectations, provide consequences, and maintain a level of patience and understanding. Remember, we were once crazy teenagers too! Click on or scan the QR code to learn more about the teen brain.



© Signe Wilkinson

UPDATES



Titan Camp & Schedule Walks

All students will have the opportunity to come visit the campus and walk your class schedule on Tuesday, September 8th. More information (like the times for each grade level and directions to attend) is in the Tippit Times or on the Tippit website.

Counselor Office Hours

We will be holding virtual office hours on Mondays-Thursdays this month for anyone needing to talk about academics or school related questions or concerns. We are available to discuss personal & social situations with parent consent. Please visit our Tippit Counseling app in ClassLink or contact us directly by email.

New Student Small Groups

Virtual small groups were offered to students new to Georgetown. If your student is new to the area and missed participating in the new student group, send us an email. If there is enough interest, we will consider offering another new student group after September 10th.

Contact Us



Sean Moore (A-L)

moores1@georgetownisd.org

512-943-5047

Holly Barrett (M-Z)

barreth@georgetownisd.org

512-943-5040 ext.6464

Check out the [Counseling Department](#) page on our Tippit website for more information about our counseling department at Tippit!