The Team - Crisis Intervention & Prevention

The Crisis Intervention & Prevention Team addresses mental health concerns to create a safe & supportive school environment for all students. You can submit a referral to our team by clicking HERE.

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MAY IS MENTAL HEALTH MONTH

TAKING SOME TIME TO LOOK AROUND, LOOK WITHIN

MHANATIONAL.ORG/MAY

- MHA SCREENING
- CRISIS TEXT LINE
- 988 SUICIDE LIFELINE
- IN THE OPEN PODCAST
- WARMLINES TALK TO SOMEONE
- TIPS FOR PARENTS
10 MENTAL HEALTH CHECK-IN QUESTIONS FOR YOUR FRIENDS AND FAMILY
BY IDONTMIND.COM

1. How are you feeling today, really? Physically and mentally.
2. Are you taking care of the basics (sleeping, eating full meals, drinking enough water)?
3. Have you been able to do any self-care lately? If not, what would help you get back on track?
4. What’s been taking up a lot of space in your mind lately? Any recurring thoughts?
5. When was the last time you stretched or went outside for some fresh air?
6. What’s your body feeling like right now (breathing, heartbeat, muscles)? What sensations do you notice?
7. What’s one thing you struggled with this week?
8. What’s one thing that went well this week?
9. What’s something I can do to make you feel loved and supported?
10. What’s a small thing you can do today to prioritize yourself and your mental health?

Webinars:

Safety not Stigma: Reframing the Way We Talk About Guns and Violence
Preventing and Healing from Child Abuse and Neglect
Handling the Holidays in a Non-LGBTQ+ Affirming Environment
Workplace Mental Health: Employer Perspective
Providing Peer Support in a Rural Environment
Supporting LGBTQ+ Youth in our Communities

YOUR SPACE MATTERS

#MentalHealthMonth is a good time to #LookAround and adjust your space at home to help you be more productive, reach your goals, and improve your mental health.

Spending time in nature can lead to positive mental health outcomes, such as improved focus, lower stress, and better mood.

Local Counseling Resources

ACH Family Services (FREE)
Lena Pope (Low Cost)
Recovery Resource Council
Balance Beacon
Mind Above Matter
Starfish Counseling
Youth Advocate Program (Medicaid Only)
Restoring Hope Counseling (play therapy)
Logos Counseling
Helping Hands Community Support Services
Christian Works
Ellie Mental Health (NRH)