

SHS Mental Health Resources

*Why is it that every organ in your body can get sick and you get sympathy,
except the brain?*

- Ruby Wax

Let's eliminate the myths and learn the facts about mental health and counseling. The need for mental health support touches virtually all of our families at some point. Whether we are simply seeking to better understand ourselves, or if we are in crisis, counseling helps. Support those who have the wisdom and courage to seek counseling and learn to recognize when others need help – because every life matters.

Depression, if untreated, can lead to suicide. ACT when you notice:

- changes in eating and/or sleeping patterns
- loss of interest in school and regular activities
- withdrawal from friends and family
- feelings of irritability, anger, hopelessness, worthlessness or guilt
- feelings of being trapped, like there's no way out
- talking about death, making threats of suicide, saying "I wish I were dead"
- talk like "what if I just weren't here anymore"; "there's nothing to live for"
- access to weapons in the home or elsewhere
- giving away important possessions
- taking risks such as driving too fast, abuse of alcohol or other substances.

HOW YOU CAN HELP IN A SUICIDAL CRISIS -- ACT:

Acknowledge that the person has a problem and that the symptoms are serious.

Don't give false reassurance that "everything will be OK." Empathize.

Don't leave them alone if there is immediate danger. Stay until help arrives.

Care: Let your friends know you are there for them and that you want to help.

Don't promise not to tell! You may have to betray a secret to save a life!

Encourage the person to talk with you. Listen intelligently and show that you care.

Talk to an adult you trust as soon as you can -- a parent, teacher, school counselor, school social worker, psychologist or nurse – any adult with whom you feel comfortable and who can help in a crisis. Trust your judgment. It is important not to let others talk you out of acting when you believe someone is in danger!

Helpful people at Somers High School:

Principal: **Mr. Bayer** Assistant Principals: **Ms. Flores and Mr. Rodriques** Dean: **Mr. Carreira**

- School Counselors: **Mr. Carino, Ms. Cawley, Mr. Fleck, Ms. Pappas, Ms. Rivero, and Ms. Tracy**
- School Psychologists: **Ms. Candido and Ms. Pirraglia**
- School Social Worker: **Ms. Rigaglia**
- Student Assistance Counselor: **Ms. Pereira**
- School Nurse: **Ms. Castro**
- School Resource Officer: **Officer Hickey**
- Your teachers
- Hall Monitors

Please see the reverse side of this page for a list of county-wide and national emergency hotlines.

Westchester & Putnam County Emergency Numbers

Suicide/Crisis Prevention Hotline - St. Vincent's Hospital: 914-925-5959* Westchester County. Dept. of Social Services Emergency Services: 914-995-2099* WestCOP Victim's Assistance Services Sexual Assault Helpline: 914-345-9111* Putnam/No. Westchester Women's Resource Ctr. Crisis Hotline: 845-628-2166 Children's Village, Sanctuary Runaway Respite 24/7 Hotline: 1-888-997-1583
Green Chimney's Arbor House Runaway Safe House for Teens Hotline: 845-279-2588

**Staffed by persons in Westchester County*

New York State Emergency Numbers

New York Child Abuse Hotline: 1-800-342-3720
N.Y.S. Domestic and Sexual Violence Hotline: (English) 1-800-942-6906
(Spanish) 1-800-942-6908

National Hotline Numbers **DIAL 988**

National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
SAMHSA's (Substance Abuse and Mental Health Services Administration National Helpline: 1-800-662-HELP (4357)
National Domestic Violence Hotline: 1-800-799-7233
National Runaway Safeline: 1-800-RUNAWAY (1-800-786-2929)

CRISIS TEXT LINE |

™

Get Help: Text "START" to 741-741

GET HELP NOW

WE'RE HERE FOR YOU.

TEXT "START" TO 741-741

FREE, 24/7, CONFIDENTIAL.

Also go to:

SEIZE THE AWKWARD.ORG

OK2TALK.ORG