

Social Emotional Wellness

Welcome Back HEBISD!

HEBISD'S CRISIS INTERVENTION & PREVENTION TEAM

What exactly do we do?

Our team is composed of licensed mental health professionals. The team addresses mental health concerns to create a positive school environment for all students. We connect families to mental health resources, address mental health crises across the district, are members of HEBISD's Threat Assessment Team, provide mental health training to HEBISD staff and the community.

You can submit a referral to our team by clicking [HERE](#).

Team Members: Dr. Carmen Brown (LSSP, LP), Heather Andrews (LCSW), Irene Cedillo (LCSW) and Amanda Sawyer (LCSW)

1st Day
August 12th

Back to School Anxiety

The start of the new school year is exciting for most kids. But it also prompts a spike in anxiety for both students and parents. Some tips to keep in mind:

1. Take your own temperature so you're not passing on the stress
2. Listen to their worries without dismissing them
3. Do some test runs like morning or afterschool routines

Read more at [Child Mind Institute](#)

GET HELP NOW

CRISIS TEXT LINE |

Text HOME to 741741 to connect with a volunteer Crisis Counselor

CRIME STOPPERS
817-489-8477
TARRANT COUNTY




988
SUICIDE & CRISIS LIFELINE

PARENT ADVICE LINE

The Parenting Advice Line (PAL) is a free, confidential telephone line for concerned parent or caregivers with questions about raising children. PAL is open Monday through Friday from 12 to 3 p.m.

817.332.6399

GET HELP 24/7:

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|  TrevorText Text START to 678678 |  TrevorChat TrevorChat.org |  TrevorLifeline 866.488.7386 |
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THE **TREVOR** PROJECT
Saving Young LGBTQ Lives

LEARN THE SIGNS

Children & adolescent mental health concerns can manifest in various ways. The following, although not exhaustive, are some signs to look out for:

- Drastic change in behavior or appearance
- Drop in academic performance and/or engagement
- Decrease in social interactions or increased isolation
- Change in appetite and/or sleeping habits



LEARN ABOUT THE IMPACTS

If you suspect your child is struggling with a certain mental health diagnosis (i.e. depression, ADHD, anxiety, defiant disorder, etc.) it can be helpful to learn about the diagnosis & its impact on your child's behavior, brain & school. The [Child Mind Institute](#) website is a great place to start.

ASK FOR HELP

- Parents can reach out directly to their campus school counselor with concerns.
- A Parent-Referral to the Crisis intervention & Prevention Team
- Anonymous reporting available through [Friends for Life](#)

Resource Highlight

Texas Child Health Access Through Telemedicine (TCHAT), creates legislatively funded telemedicine programs for identifying and assessing mental health needs and providing access to mental health services in schools. It provides telemedicine or telehealth programs to help school districts identify and assess the behavioral health needs of children and adolescents, and provide access to mental health services. TCHAT is available through a partnership between The University of North Texas Health Science Center (UNTHSC) and John Peter Smith (JPS).



Share your concern with school's designated TCHAT liaison (HEBISD's Crisis Team).

We obtain your consent to submit referral to TCHAT and submit the referral directly to them.



TCHAT representatives call a parent or guardian directly to acquire consents and schedule.

They provide 4 free virtual sessions plus assessment as well as case management for longterm services



[CLICK TO SUBMIT REQUEST](#)

RESOURCE - PTA CLOTHES CLOSET

The Hurst-Eules-Bedford ISD PTA Clothes Closet provides clothing items to students in our district with a need. The Clothes Closet is run by volunteers from the HEB ISD Council of PTAs, local PTA members and people in the community.

To receive clothing: If you qualify for free or reduced lunch, please reach out to the PTA Clothes Closet directly. For all other inquiries, please reach out to your student's counselor.

Clothes Closet Coordinator
817-399-2559
clothescloset@hebisd.edu



HEB ISD PTA
Clothes Closet
Facebook Page