SOCIAL EMOTIONAL WELLNESS

Created By: HEBISD's Crisis Intervention & Prevention Team

Winter 2025 Edition

The Crisis Intervention & Prevention Team addresses mental health concerns, assists in the mission of suicide prevention, and creates a positive school environment for all students. **Team available during school year hours only**

In this edition of the Social Emotional Wellness Newsletter you will find a variety of resources for the mental health needs that you and your family. These resources are not, by any means, the only resources available.

COUNSELING

(click name for more information)

ACH Family Services (FREE)

Lena Pope (Low Cost)

Recovery Resource Council

Helping Hands Community Support Services

Balance Beacon

Mind Above Matter

Logos Counseling

Empathy HQ

North Texas Counseling Associates

The Oaks Life Center

Meyer Counseling Center

Zen Life Counseling

Luxx Counseling

Ellie Mental Health

GET HELP NOW

NATIONAL SUICIDE PREVENTION LINE
Call 988

TEXAS YOUTH HELPLINE
800-989-6884

CRISIS TEXT LINE
Text 'HOME' to 741741

TREVOR PROJECT - LGBTQ YOUTH
Text 'START' to 678678

REFERRAL FOR BASIC NEEDS SERVICES
Call 211

Our team is composed of licensed mental health professionals. 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**.

SEASONAL AFFECTIVE DISORDER (SAD)

Adapted from Child Mind Institute

Retrieved and adapted from : https://discoverymood.com/blog/can-holiday-season-trigger-childs-depression/

What is seasonal affective disorder (SAD)?
Seasonal affective disorder (SAD) is a specific kind of major depressive disorder in which the symptoms present with a "seasonal pattern." For kids with SAD, the onset of adepressive episode occurs repeatedly at a particular time of the year, such as winter. When the season changes, the symptoms most often subside.

What are some symptoms?

- Feeling hopeless
- Lacking energgy or seeming lazy
- Trouble concentrating
- Trouble making decisions
- Struggling in school
- Negative self-talk
- Change in appetite
- Trouble sleeping

These changes last for at least two weeks and they go away when the season changes again. Most people with seasonal affective disorder experience it in the fall and winter, but it can happen in the spring and summer too.

How is a seasonal pattern diagnosed?
To be diagnosed with seasonal affective disorder, kids have to show several of the above symptoms for at least two weeks. The pattern of depression that comes and goes with the seasons also has to happen for at least two years for it to be considered seasonal affective disorder instead of another kind of depression.

How is seasonal affective disorder treated?
Often, the recommended treatment for seasonal affective disorder iscognitive behavioral therapy (CBT). CBT teaches kids how their thoughts shape their feelings and behaviors.

In some cases, medication is used in combination with therapy. These medications can have side effects, but they are safe for children to use with proper care from their doctor.

Some people with seasonal affective disorder also find light therapy helpful. Light therapy involves looking at a special lamp that mimics sunlight, which can help people who get depressed at times of year when there is less daylight.

EMERGENCY ASSESSMENTS

Cook Children's Behavioral Health (Ages 3-17)
801 7th Ave Fort Worth, TX | (682) 885-3917

Mesa Springs Hospital
(Ages 12 and Up thru Adult)
5560 Mesa Springs Drive, Forth Worth
817-952-5571
Ft Worth Office: 817-841-8002
Northwest Office: 682-593-6001

Texas Health Behavioral Health Center Arlington
(Ages 13 Up, Thru Adult)
800 W Randol Mill Rd. Arlington, TX 76012 | 682-549-7916

JPS - Trinity Springs (Ages 13-17 & 18 Up)
1500 S. Main St. Fort Worth, TX 76104 | (817) 702-3636

or your local hospital Emergency Room

- Increase lighting around you
- Boost Vitamin D & B12
- Keept a consistent sleep schedule
- Exercise (30min/Day)
- Adjust expectations