

Welcome to O'Connor's Hope Zone

Trained peer counselors are available daily from 3-9pm Arizona time.

602-248-TEEN Teen Life-line

24 hour suicide hotline

(480) 784-1500

state wide toll free 1-866-205-5229

Mental Health Wellness is a priority for all of us at O'Connor. To that end, we have compiled a list of information for guidance and support for our students, parents, and our community. The links and resources below are designed to provide guidelines for you and your loved ones to get information and to embark on the next steps to get the support you need. These resources are not meant to take the place of a skilled mental health professional.

Students:

The series of links will provide information on a number of items including grief and loss, making decisions that will keep you and your peers safe and also how to seek help for yourself and others.

<http://www.healthychildren.org/English/ages-stages/teen/Pages/default.aspx>

https://greatergood.berkeley.edu/article/item/five_ways_to_help_students_get_through_grief

<http://www.verizon.com/about/responsibility/hopeline>

Healthy relationships

[Healthy Relationships.pdf](#)

Negative vs. Positive Coping Skills

Negative Copers

Listed below are examples of negative coping skills. Circle those that apply to you.

Drugs:	Abuse prescribed or street drugs. Abuse alcohol, coffee, or cigarettes.
Eating:	Keep bingeing and/or purging. Starve yourself. Use food for consolation.
Illness:	Develop headaches, or a major illness. Become accident prone.
Denial:	Pretend nothing's wrong. Lie. Ignore the problem.
Withdrawal:	Avoid the situation. Keep your feelings to yourself.
Revenge:	Get even. Be sarcastic.

Positive Copers

Listed below are positive coping skills. Circle those that could help your negative copers.

Hobbies:	Paint. Write. Remodel. Create something.
Work:	Tackle a new project. Keep busy. Volunteer.
Expression:	Share feelings. Express feelings through creative outlets.
Assertiveness:	State your needs and wants. Say no respectfully.
Networking:	Develop friendships with others. Make use of community resources.
Goal Setting:	Set clear goals. Plan for the future.
Time Management:	Set priorities. Balance leisure and work. Spend time and energy wisely.

Worrying:	Fret over things. Imagine the worst.	Reframing:	Change perspectives. Look for good in a bad situation.
Spending:	Buy on impulse. Spend lots of time shopping.	Exercise:	Pursue physical fitness. Jog. Swim. Dance. Walk.
Stubbornness:	Be rigid. Demand your way. Refuse to be wrong.	Self Care:	Take care of basic needs. Shower. Rest. Eat healthy.
Tantrums:	Yell. Swear. Pout. Mope.	Relaxation:	Tense and relax each muscle. Breathe deeply. Take a warm bath.
Faultfinding:	Judgemental attitude. Complain. Criticize.	Faith:	Find purpose and meaning in life. Pray. Meditate quietly. Trust a Higher Power.
Passivity:	Hope it gets better. Procrastinate. Wait for a lucky break.		
Others:		Others:	

For Parents:

Teen Mental Health: <http://teenmentalhealth.org/>

Tool Box – Tabs with resources for Parents, Teens, Suicide, Mental Illness, Online access variety of tools, resources, ebooks, apps, and Book form. <http://notmykid.org/>

Parent Toolkit App

*Parent/Family Relationships

Love and Logic Institute, Inc. - <http://www.loveandlogic.com>

Domestic Violence - [Verizon Domestic Violence](#)

Billy's Place is a local charity which is a center of hope for grieving children and teens supporting families in the North West Valley. Our mission is to be a place that provides comfort and hope for a brighter tomorrow after a child has suffered a significant loss.

Our goal is to raise awareness so that people will realize that even if there is no outward sign of inner turmoil, a storm can still be raging inside a grieving child's heart. There are more grieving children than most of us realize—one out of 20 children will experience the death of a parent before they graduate from high school, while one out of every five children will face the death of someone close to them. The statistics are alarming when children are not supported during their grieving process. They include.....

- - Difficulty concentrating in class (observed by 87% of teachers)
- -Withdrawal/disengagement and less class participation (observed by 82%)
- -Absenteeism (observed by 72%)
- -Decrease in quality of work (observed by 68%)
- -Less reliability in turning in assignments (observed by 66%)

- -They are also 14% more likely to engage in substance abuse, 5% more likely to commit suicide and 20% more likely to have behavioral disorders throughout their life

http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html

<http://www.healthychildren.org/English/ages-stages/teen/Pages/default.aspx>

Caring Community:

http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html

<http://www.healthychildren.org/English/ages-stages/teen/Pages/default.aspx>

A list of resources for Teen Dating Violence <http://www.teendvmonth.org/resources/> National Teen Dating Violence Help

Break the Cycle <http://breakthecycle.org>

Substance Abuse and Domestic Violence

<http://www.rehabcenter.net/domestic-violence-and-substance-abuse/>

Safe and Happy Lives <http://www.ConsumerSafety.org>