



CCHS Families,

If someone you know expresses thoughts of suicidal ideation or wanting to hurt themselves, there are steps you can take to get them the help they need. You are encouraged to **A-C-T: Ask, Care, Tell**

- **Ask:** Ask them directly "Are you thinking of hurting yourself?" or "Do you have thoughts of suicide?". Asking directly gives the individual the opportunity to speak openly about what they are experiencing and addresses the "elephant in the room".
 - If they have a plan, immediately help them get to a hospital or healthcare clinic, or call an emergency service provider or crisis help line in your area.
- **Care:** If the person says that they do want to harm themselves, remain nonjudgmental. Thank them for their bravery and remind them that they are not alone.
- **Tell:** Employ community resources, whether it be a trusted adult, priest, school counselor, parent, doctor, or healthcare professional.
 - Depending on urgency, the individual should be taken to the emergency room or hospital/emergency services should be called.

Below are resources to utilize in the event that you or a loved one is experiencing thoughts of self-harm or suicide.

- Suicide and Crisis Lifeline (**dial 988 or visit 988lifeline.org**) – provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones.
- You can also text **NAMI** to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- CCHS Counselors are available:
 - Heather Nobary (A-De) - HRNobary@charlottecatholic.org
 - Christine Parks (Di-Ho) - CLParks@charlottecatholic.org
 - Kara Fisher (Hu-Mi) - KRfisher@charlottecatholic.org
 - Sandy Needham (Mo-She) - SMNeedham@charlottecatholic.org
 - Melody Clementi (Shi-Z) - MEClementi@charlottecatholic.org
 - Sarah Sovchen, Director of Counseling - SESovchen@charlottecatholic.org
 - Bill Keese, CCHS Mental Health Counselor - WSKeese@charlottecatholic.org
- Campus Ministry, CCHS Chaplain, Faculty, and Administration can help students access resources

Parents, linked below you will find a video on how to talk to your children about suicide. Please review and know that we are here to offer additional support for you and your family. You are always in our prayers. [You Are Not Alone](#).

At the heart of our Catholic faith is the unwavering belief in the sanctity and dignity of every human life. In times of darkness, our light shines brightest when we walk together, reminding one another that no one is ever truly alone. As members of this faith-filled community, we are called to be each other's keeper: to listen, to notice, to reach out, and to lift one another up with compassion and grace. Together, may we continue to build a community where every life is valued, every voice is heard, and every soul knows they are deeply loved.

-The CCHS Counseling Team

*Let nothing disturb you, let nothing frighten you, all things are passing away: God never changes.
Patience obtains all things. Whoever has God lacks nothing; God alone suffices.*

-Saint Teresa of Avila's Prayer for Peace