SILVER RAIL ELEMENTARY · FAMILY RESOURCE

Helping Your Child Heal

Most children recover well, and the biggest help is feeling connected, cared about, and loved. You do not need perfect words or all the answers. Steady routines, a listening ear, and your presence go a long way.

How you can help

1 Listen

Let your child talk, draw, write, or play about their feelings. It is okay to feel sad, scared, or upset, and okay to cry. Answer questions simply and honestly, and it is fine to say "I don't know."

2 Reassure

Remind your child that they are safe, that the adults at school and home are looking out for them, and that none of this is their fault.

3 Keep routines

Regular meals, sleep, play, and family rituals like a bedtime story give children something dependable to lean on. Be on time at pickup and tell them where you will be.

4 Limit the news

Keep TV and social media off around children, and save adult conversations for when little ears are not nearby.

5 Do something kind

Helping others, such as drawing a card or writing a note of thanks, can ease worry and help children see the good in people.

6 Take care of yourself

It's okay for your child to see you sad. When big feelings rise, pause and breathe, lean on other adults for support, and be gentle with yourself: rest, eat well, and get some fresh air.

What you might notice

Young children often show feelings through their bodies and behavior instead of words. These reactions are common and usually ease with time and support:

- Trouble sleeping, nightmares, or fear of sleeping alone
- Stomachaches or headaches with no clear cause
- Clingness or trouble separating from you at school
- Going back to earlier habits, like needing help with things they had mastered
- Playing or drawing the event again and again
- Trouble concentrating, or more worry about their own safety and others'
- Irritability, tantrums, or unusually reckless or aggressive behavior

Be patient with these changes. They can appear now, in the coming weeks, or later.

When to ask for more help

You do not have to figure this out alone. Reach out if:

- Your child's distress is strong, lasts, or gets in the way of school, friendships, or home life
- Your child has lost a loved one, or has had a past trauma or other mental health challenges
- You are afraid to leave your child alone, or you are struggling yourself

A mental health professional, ideally one experienced with grieving children, can help. Working together as a team is the best way to support your child.

We are here to help. - Link to Request for Support Form

Resources for Students + Families

Mental Health Resources:

Call **Deschutes County Behavioral Health's Silver Rail Families and Staff phone line**: **541-585-5580**.
This phone number is a dedicated resource for SRE families and staff so you can be connected with community health providers who are prioritizing SRE families and staff.

As a Bend-La Pine Schools family, you can also **use CareSolace care navigation**. We recommend calling or messaging with a Care Companion so that you can ask for a provider that takes Crime Victims Compensation or other special considerations.

Crisis Supports:

For emergencies please call 911 or visit the Emergency Department

Walk-in Crisis Services
Deschutes County Stabilization Center
63311 NE Jamison Street
Bend, OR 97703
(541) 585-7210- Office Line (Non-Emergency)

24-HOUR CRISIS PHONE LINE 988

Silver Rail Community Information Hub

Please scan these QR codes for updates & resources.

Silver Rail Resource for Families

Silver Rail Request for Support Form

Use this form to request:

Brief check-in with a school district employee

Mental Health Connections/Referrals

Housing/Food/Transportation/Basic Needs/Family Leave Supports