

MENTAL WELLNESS CLUB NEWSLETTER :

VOLUME 1

SEPTEMBER IS SUICIDE PREVENTION MONTH

SEPTEMBER 2023



Suicide Prevention Month is a time to raise public awareness by shifting public perception on this stigmatized, and often taboo subject. The entire month of September is dedicated to spread hope and vital information to people affected by suicide with the goal of ensuring that individuals, friends, and families have access to needed resources and to seek help. To learn more click the link below.

[HTTPS://MDCPSMENTALHEALTHSERVICES.NET/WP-CONTENT/UPLOADS/UNDERSTANDING-NATIONAL-SUICIDE-PREVENTION-WEEK-MDCPS-MHS.PDF](https://mdcpsmentalhealthservices.net/wp-content/uploads/understanding-national-suicide-prevention-week-mdcps-mhs.pdf)

SUICIDE PREVENTION

RISK FACTORS

Individual Factors:

- Previous suicide attempts
- Social Isolation
- Substance use
- Mental health conditions, such as depression

Relationship Factors

- Bullying
- Family or peer conflict
- Adverse childhood experiences

WARNING SIGNS

- Talking about wanting to die
- Talking about feeling hopeless or having no reason to live
- Looking for a way to die by suicide, such as searching online or obtaining lethal means

RESOURCES

**National Suicide Prevention Lifeline
1-800-273-TALK (8255);
En Español: 1-888-628-9454**

Crisis Text Line Text "HELLO" to 741741

Suicide Crisis Line - 988

HOW CAN I BE SUPPORTIVE?

WHAT SUPPORTING YOUR CHILD'S MENTAL HEALTH MIGHT LOOK LIKE

Everyone's mental health journey looks different. Identifying different steps that work for your loved one is important. There are many mental health wellness techniques that work.

FIRST STEPS:

HAVE AN OPEN CONVERSATION

IDENTIFY FEELINGS

TIME TO DECOMPRESS

ENCOURAGE SLEEP

EXERCISE

NUTRITION

TAKE A MENTAL HEALTH DAY

TALK TO:

TEACHER

SCHOOL COUNSELOR

SUPPORT GROUP

SEEK TREATMENT

TALK TO YOUR DOCTOR

SEE A THERAPIST

For more info contact your child's school or the MDCPS Mental Health Parent Assistance Line at 305-995-7100

CLUB ACTIVITY IDEAS

STOP AND THINK

- Videos for teachers to present to students
 - Kindergarten to 2nd grade: <https://youtu.be/4Wme2vGRyKM>
 - 3rd grade to 5th grade: https://youtu.be/6cxt_Ki4GSo
- Creative Activities
 - Traffic light game
 - Simon says
 - Guard duty
 - Students to use self-control in the hallways. Tell students that they are guards for the palace. They have a mission to be as serious and guard-like as possible.



Calming/Quiet Corner

- How to Create a Calm Down Corner:
 - <https://www.youtube.com/watch?v-dxBv1w4SQyw>
 - Before starting the day
 - Positive affirmation
 - <https://www.youtube.com/watch?v-XGNCvOkUQuQ>
 - Outside:
 - Garden for students to use if feeling anxious
 - Items in the classroom
 - Fidget spinners and slime
 - Peace Corner: Creating Safe Space for Reflection
 - <https://youtu.be/u03ReXB7R-0>



- Ice breakers
 - Get to know you bingo
 - 2 truths and 1 lie
- Bulletin board ideas
 - Welcome back 2023-2024, "I AM," "You Are" - Affirmations on mirror
- Community Walk
 - October 1, 2023
 - Tropical Park for Miami Walk Suicide Prevention week - "Out of the Darkness"
 - <https://supporting.afsp.org/index.cfm?fuseaction=donordrive.event&eventID=9011>
- Arts & crafts ideas
 - coloring/painting mandalas
 - coloring/painting positive messages



WELLNESS MESSAGE ANNOUNCEMENT

**SOCIAL
MEDIA**

**TARGET AUDIENCE:
ALL GRADE LEVELS**

Social media refers to the means of interactions among people in which they create, share, and/or exchange information and ideas in virtual communities and networks. We have access to social media through our electronic devices. Here are some helpful tips for healthy social media usage.

HELPFUL TIPS

- **Follow people and things that bring you joy**
- **Take a break from social media (YouTube, Tik Tok, Instagram, Twitter, Locket, etc.) and do other activities**
- **If you are experiencing issues related to social media talk with someone who can help you feel better again**
- **Support a healthy online community by being positive to your friends on social media**

RESOURCES:

For more information on internet safety and creating a positive social media feed check out these videos.

Mental Health and Social Media

Responsible Use of Technology for Kids - First Mobile - Cyberbullying - Fake News - Online Privacy

WELLNESS MESSAGE ANNOUNCEMENT

TARGET AUDIENCE:
HIGH SCHOOL

September is Suicide Prevention Month

The purpose of this month is to raise awareness and engage in conversations on the warning signs of suicide.

Here are some ways to be a proactive friend:

ASK- Ask your friends how they are doing and when you need to, ask if they have had or are having suicidal thoughts. By just asking, you are being supportive and increasing meaningful conversations

SAFETY- Keeping your friends safe may mean getting an adult involved and asking questions to make sure they do not have access to lethal means. This may decrease the means to attempt to harm oneself

LISTEN- It's important to listen to someone in a caring, non-judgmental way

RESOURCES- Connecting people with resources and support groups is helpful when individuals feel like being isolated. These groups are a great way to help those struggling feel connected

FOLLOW UP- Checking in and following up with someone who has been hospitalized or has suicidal ideations is important and a huge part of suicide prevention

LEARN MORE



[HTTPS://ACENDAHEALTH.ORG/SUICIDE-PREVENTION-MONTH/](https://acendahealth.org/suicide-prevention-month/)

[HTTPS://WWW.ALANET.ORG/LEGAL-MANAGEMENT/LM-EXTRAS/5-WAYS-TO-ACTIVELY-PREVENT-SUICIDE](https://www.alanet.org/legal-management/lm-extras/5-ways-to-actively-prevent-suicide)

[HTTPS://AFSP.ORG/RISK-FACTORS-PROTECTIVE-FACTORS-AND-WARNING-SIGNS/](https://afsp.org/risk-factors-protective-factors-and-warning-signs/)

