



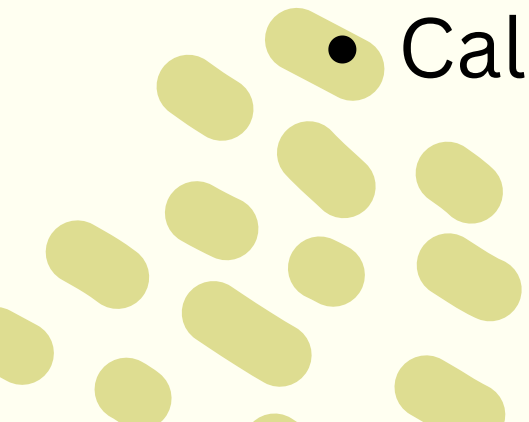
MENTAL HEALTH RESOURCES FOR FAMILIES

Middle School Counselor: Farah Militello
High school Counselor: Alicia Holbrook

CRISIS
RESPONSE
PROTOCOLS

School counselors are not available after school hours. During holiday breaks for after hours, you can take any of the following steps for help 24/7:


- National Suicide Prevention Hotline: 988
- Tennesseans can simply text "TN" to 741-741 to reach a trained mental health professional
- Call Youth Villages Specialized Crisis Services in a psychiatric emergency for an assessment of children and youth ages 18 and under: 1-866-791-9224. If needed, they will follow up with a safety plan or instructions for immediate care.
- Tennessee Statewide Crisis Hotline: 1-855-CRISIS or 1-855-274-7471
- Take your student to the Emergency room (What to expect if you take your child to the emergency room for psychiatric care)
- If you are worried about another student and have their parents' contact information, reach out to the parents directly.
- Call 911 for a well-check





SUICIDE AND OTHER CRISIS RESPONSE PROTOCOLS

✦
Resources for discussing depression, self-harm, and
suicide with your student at any time:

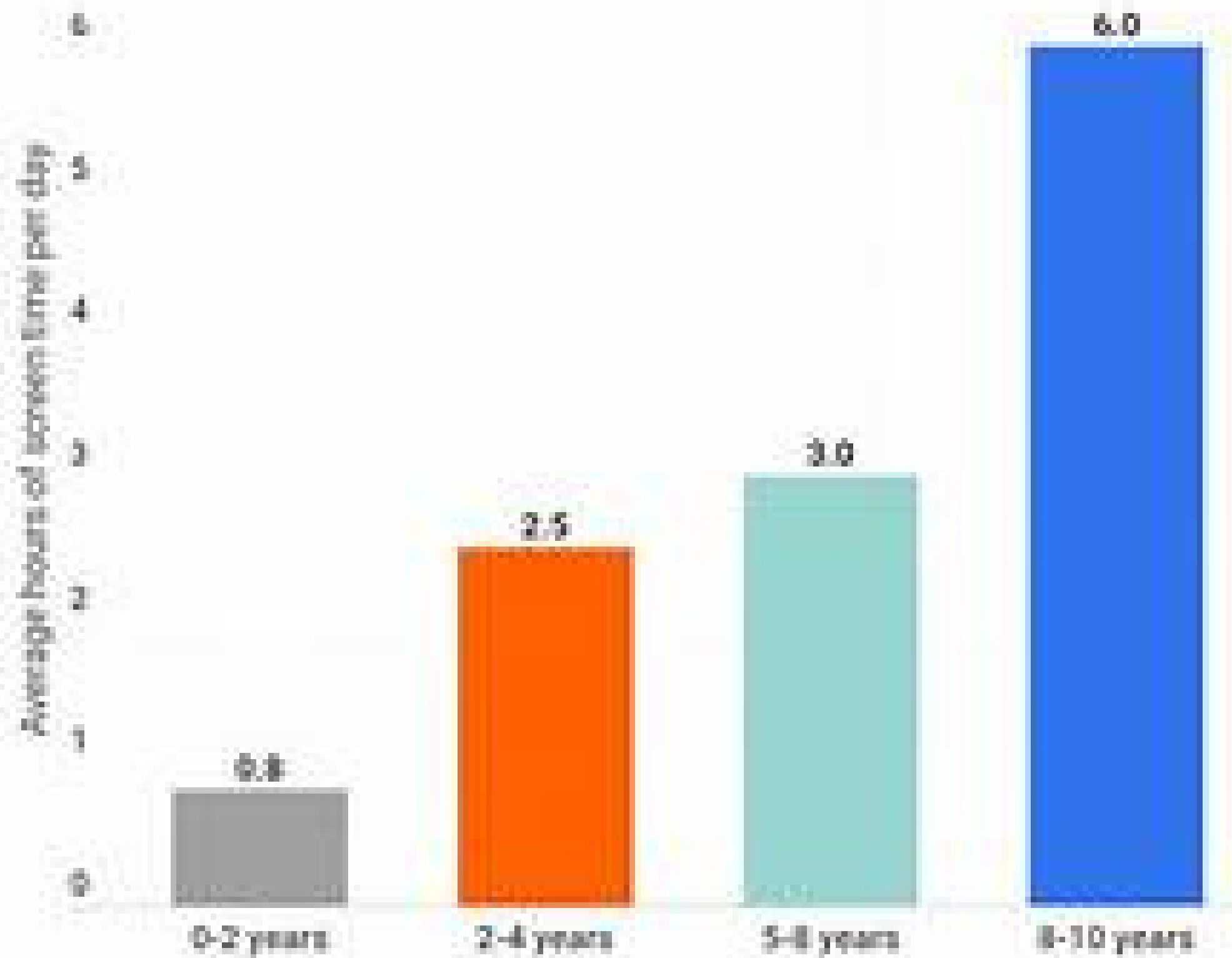
- What to do if you think your teenager is depressed
 - What to do if you're worried about suicide
 - Helping teens who self harm
 - <https://childmind.org/article/signs-a-child-might-be-suicidal/>
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SOCIAL MEDIA CONCERNS

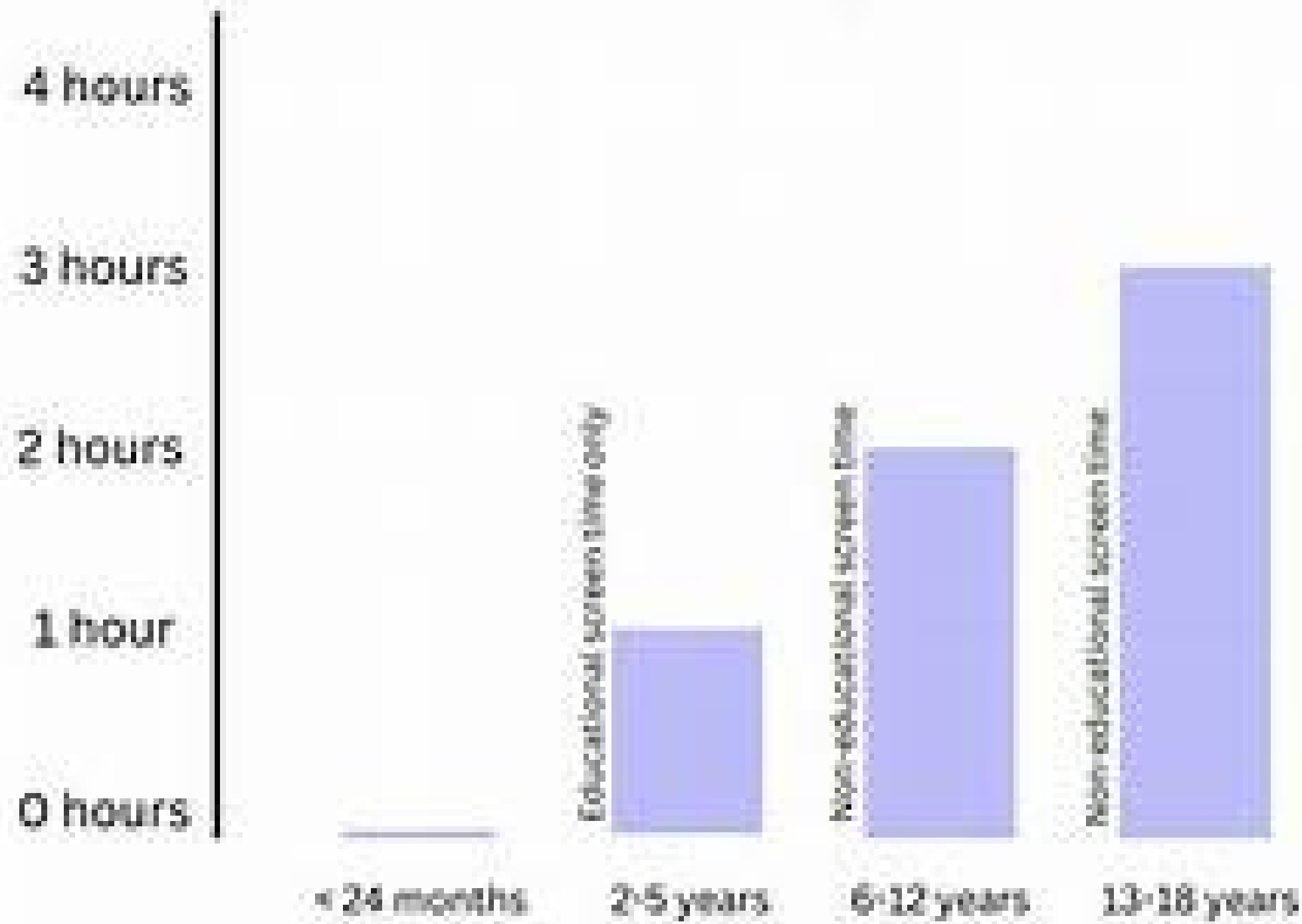


AVERAGE CHILD SCREEN TIME BY AGE RANGE



Recommended Screen Time by Age

(American Academy of Pediatrics)



THERE HAS BEEN AN INCREASE IN UNSAFE USE OF TECHNOLOGY

- Befriending strangers in online games or over snapchat
- Messaging adults on social media or through text
- Group texts that use cruel language and images
- Lack of privacy or sensoring information

**BE INTENTIONAL
ABOUT SCREEN
TIME USAGE.**



How to be *Intentional*...

Time Limit

**Screen Free
Bedroom**

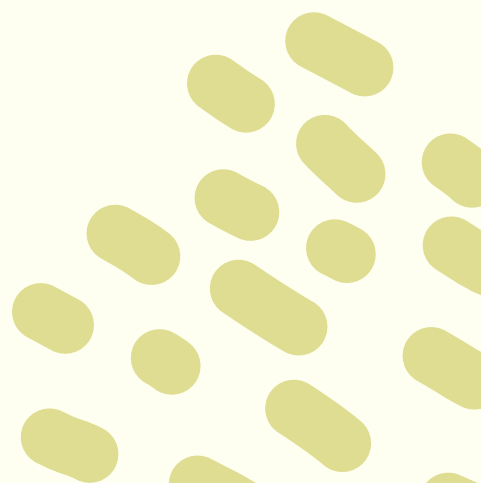
Content Supervisor

**Spend the same
time outside that
you do on a screen**

Media Curfew

RESOURCES FOR MEDIA USE

- Media Guidelines
- Creating a Family Media Plan
- Information on Safety and Currents Trends in Media/Apps





OUTDOOR RECREATION AND MENTAL HEALTH



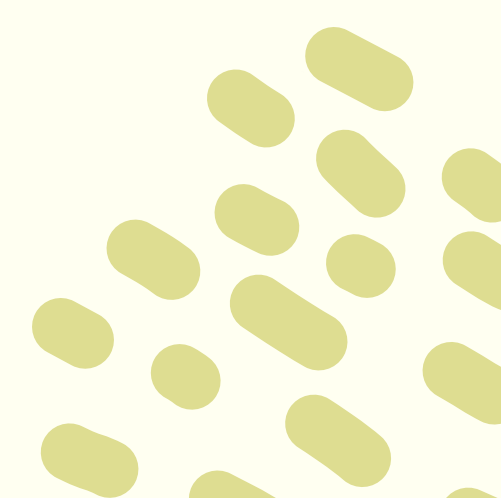
BENEFITS OF THE OUTDOORS ON MENTAL HEALTH

- Getting sunlight in our eyes helps regulate our circadian rhythm, boosts mood, and fosters calm
- We often engage others, helping us feel less isolated
- Getting outside fosters creativity and exploration and also improves concentration
- Being outside helps us get vitamin D





RESEARCH ON GETTING OUTDOORS

- Spending at least 120 minutes in nature a week is associated with good health and wellbeing.
 - 1000 Hour Challenge
 - Nature Therapy
- 



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