



# CHSAA



## Mental Health Monday

[Suicide and Mental Health Resources in your area of the state](#)

Call the toll-free [National Suicide Prevention Lifeline \(NSPL\)](#) at **1-800-273-TALK (8255)**, 24 hours a day, 7 days a week. The service is available to everyone. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. Dial 911 in an emergency.

Learn more on the NSPL's [website](#).



### RESOURCES

[Student Mental Health and Suicide Prevention Course](#)

[“How to Talk to Children and Youth”](#)

[SUICIDE RISK FACTORS AND WARNING SIGNS](#)

[“Why You Should Talk to Kids About Suicide”](#)

[Mental Health in Elite Athletes](#)

### SYMPTOMS

- Poor performance in school
- Withdrawal from friends and activities
- Sadness and hopelessness
- Lack of enthusiasm, energy, or motivation
- Loss of interest in activities they used to enjoy
- Anger and rage
- Overreaction to criticism
- Feelings of being unable to satisfy ideals
- Poor self-esteem or guilt
- Indecision, lack of concentration or forgetfulness
- Restlessness or agitation
- Changes in eating or sleeping patterns
- Substance abuse
- Sexual promiscuity
- Risk-taking behaviors
- Problems with authority
- Suicidal thoughts or actions

### TEEN SUICIDE WARNING SIGNS

- Suicide threats (direct and indirect)
- Obsession with death
- Poems, essays, or drawings that refer to death
- Giving away belongings
- A sense of “hopelessness” and/or no future vision
- Dramatic change in personality or appearance
- Irrational, bizarre behavior
- Overwhelming sense of guilt, shame, or rejection
- Significantly changed eating patterns (including drastic weight gains or losses)
- Significantly changed sleeping patterns (especially contributing to school truancy)
- Severe drop in school performance or social interest

### SLEEP & MENTAL HEALTH

#### Background

- Sleep gives the body and mind the chance to repair and recharge
- Poor sleep can affect your skills, increase stress, affect your immune system and thinking

#### Tips to Improve Sleep & Positively Effect Mental Health

- Make your sleep room like a cave (cool, dark & quiet)
- Turn off the screen at least an hour before you go to bed
- Utilize a wind-down routine that gets you relaxed and ready for a restful sleep (i.e. reading a book, stretching, yoga, etc.)
- A wind-down routine will give you a tool to combat instances or periods of anxiety

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**For complete Mental Health Information, please go to**

**CHSAANOW**