



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. This 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

[Coronavirus Anxiety](#)

[CDC: Stress & Coping](#)

[APA: COVID-19 Information and Resources](#)

[AACAP: Coronavirus/COVID-19 Resource Library](#)

[GGIA: Three Good Things](#)

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

MANAGING STRESS & UNCERTAINTY DURING COVID-19

How to Calm:

1. Slow and control your breathing
2. Physical Activity is great for stress reduction and mood improvement
3. Enjoyable, daily activities, can enhance feelings of wellbeing
4. Trigger the [DIVE reflex](#) by holding a cold pack or zip lock bag of cold water on eyes and cheeks for 30 sec., keeping water above 50°F

Dealing with Worries:

Do not try to directly stop worry, question it. Ask yourself: If my best friend or someone I love had this thought, what would I tell them? This can disrupt the worry and bring out the wisdom you would give others.

Reach out and Stay Connected:

Staying connected to other people and taking part in social activities will make a world of difference in your mood and outlook. Use technology to connect!

Cultivate Gratitude

Learning to cultivate gratitude can boost your mood.

1. Each day for a week, write down three things that went well today
2. The items can be relatively small
3. Give the event a title
4. Write down exactly what happened & how the event made you feel
5. Explain what you think caused the event

Limit how often you check for updates

Constant monitoring of news and social media feeds can quickly turn compulsive and counterproductive – fueling anxiety rather than easing it.

Information provided by:

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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

For complete Mental Health Information, please go to [CHSAANOW](#)