

## Teaching Resilient Students and Raising Healthy Teens

Mental health, substance use and suicide prevention resources for educators and parents

This newsletter provides a list of curated resources and activities to support social emotional development and healthy coping, as well as crisis support for educators, students and parents.

### FOR STUDENTS

#### Announcing our new Mental Health Thrival Kit for students!

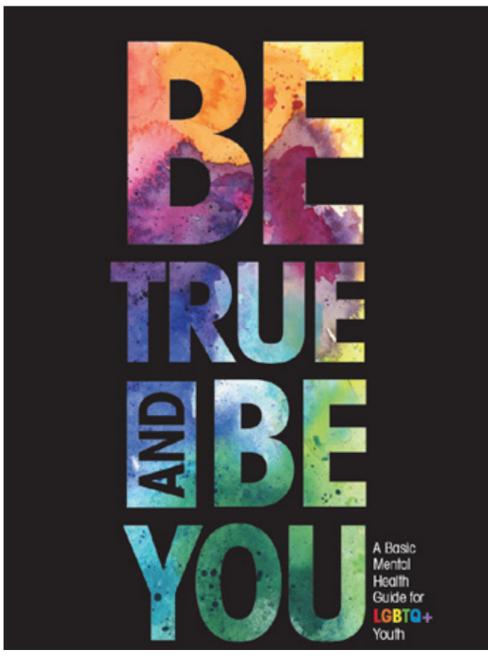
Our new journal can be used for journaling exercises to promote reflection and self-expression. This kit includes a notebook, pen, coloring pencils and bookmark. The inside covers include grounding and breathing techniques to help cope with stressful moments. In addition, crisis resources for youth are included on the inside cover.

**Interested?** Fill out this form to request copies for your students. (Available while supplies last.)



#### Featured Resource:

#### Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth



**Happy Pride month! Be True and Be You** is an overview of how LGBTQ+ individuals can take care of their mental health and get help from supportive resources. Written with the help of LGBTQ+ teens across California, the guide defines sexual orientation, gender identity and expression, healthy relationships, and how to recognize a mental health challenge. You can also find tips for finding LGBTQ+ friendly therapists and knowing your rights.

### FOR EDUCATORS

As this challenging school year comes to a close, don't forget to take a much-needed moment to breathe and recharge. This simple breathing exercise can help reduce stress, ground yourself in the present moment, and even fall asleep.



#### 4-7-8 Breathing Technique

1. Find somewhere comfortable to sit. If you can, close your eyes.
2. Breathe in through your nose for a count of 4.
3. Hold the breath for a count of 7.
4. Exhale through your mouth for a count of 8.
5. Repeat the cycle as many times as you would like!

*We hope that you have a restful summer break!*

### FOR PARENTS

#### SUICIDE PREVENTION 101 FOR PARENTS NOW AVAILABLE IN SPANISH!

Phases of irritability, volatile displays of anger and tears, rebelling against rules and even experimenting with drugs and alcohol can be part of the youth experience, but it is important to stay vigilant for warning signs that a child is more than moody. How do you know if you should be concerned? This brochure includes questions parents can ask themselves to assess if their teen might be at risk of suicide and actions to take. Tips on raising resilient teens as well as resources are provided.



- English Brochure: "Suicide Prevention: A Resource for Parents"
- Spanish Brochure: "Prevención del Suicidio: Un recurso para padres"

#### The National Suicide Prevention Lifeline: 1-800-273-8255 (24/7)

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

#### Teen Line:

**1-800-852-8336 (6-10 p.m.)**

**Text "TEEN" to 839263 (6-9 p.m.)**

A confidential hotline for teenagers, staffed by trained teens.

**Directing Change launched in 2012 and is a suicide prevention and mental health promotion program that draws on developmental and educational theory in its approach.** By following the program's submission guidelines to create short (30- and 60-second) films or art projects, students learn about suicide prevention, mental health and other social justice and critical health topics; discuss and apply that knowledge in peer groups; and communicate positive, youth-focused, action-oriented messages to peers and adults in their communities. The program is free to schools and supported by the California Department of Education.

Directing Change is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students. These initiatives are funded by counties through the Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CalMHSa), an organization of county governments working to improve mental health outcomes for individuals, families and communities. For more information visit: [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)