

Responding to Kids who are thinking of Self-Harm or in Crisis

After School Hours

Did your child report something they saw on social media? Did they say something in the car to you on the way home from school?

When you are aware that a child may want to hurt themselves or in an unsafe situation and needs support, it is important to respond immediately. There are several ways to reach out especially when you are hearing the information first-hand on the weekend, after or before school hours. When you are aware of information pertaining to a child's safety, using one of the steps listed below will help. As a member of our school community, your teamwork is appreciated by the school and can also greatly benefit the child's overall well-being.

Here are some steps in deciding how you should respond to a child who may need support:

- 1) If you feel the child is in immediate danger, please call 911.
- 2) If you are not sure if the child is in immediate risk of self-harm or suicide but would like to make a report, start with the child's parent first. Unsure, please contact We Tip at www.wetip.com or 1-800-78-CRIME. They have available personnel who may best direct you to the resources you need.
- 3) After you completed Steps 1 and/or 2; if you think this child's situation may impact their school day, you may also contact the school's administrative and counseling team to inform them of what you learned and to whom you reported it to.

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- 4) Talk to your own child about your decision-making process and why you have decided to reach out for help. Your child will learn so much about the importance of reaching out in times of need.

Helplines & Hotlines

The numbers below are also great resources to help students and families who may need someone to talk to:

Teen Line: 310-855-4673 or TEXT "TEEN" to 839863 between 6-9 pm

Suicide Hotline: 988

Text: HOME to 741741
(www.crisistextline.org)

Department of Child and Family Services: 1-800-540-4000

Santa Monica Police Department:
1-310-458-8491 (non-emergency dispatch)

SMMUSD Health Services and Counseling Resources:
<https://www.smmusd.org/Page/6503>

Want to learn more?

Signs, symptoms, and resources for depression and suicidality
<https://www.smmusd.org/Page/4057>

Information for parents - What you need to know about self-injury
<http://www.selfinjury.bctr.cornell.edu/perch/resources/parenting-2.pdf>

Not a phase: How to recognize suicidal tendencies in teens
http://www.providence.org/blog/2017/09/not-a-phase-how-to-recognize-suicidal-tendencies-in-teens?utm_source=tyh&utm_medium=email&utm_campaign=Sept2017

Self-Injury and Youth
<http://www.mentalhealthamerica.net/conditions/self-injury-and-youth>

Depression In Teens
<https://www.mhanational.org/depression-teens-0>