



The Warrior Mindset October 2020

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This Month's Issue

This is the first edition of Western Albemarle High School's mental health newsletter. Each issue will have a different focus and a theme as well as recurring sections. This issue will focus on suicide prevention, but also has a collection of mental health resources. For more resources check out: <https://zapadron.weebly.com/self-care.html>

This newsletter is student run and aims to support the WAHS community. A new issue will be sent out every two weeks so be sure to keep a look out!

Suicide Prevention

You may experience increased stress during this time. Elevated levels of fear and anxiety are totally normal but can become overwhelming and provoke strong reactions. It is important to remember:

It is OK to not be OK

Asking for help is one of the best and bravest things you can do when you are struggling.

If you are having suicidal thoughts, there is help available. Talk to a trusted adult, we have curated a list on the back of this sheet of people who are always ready and willing to talk with you.

The pandemic has created a feeling of isolation for many people. It is important to remember that you are seen, loved, and valued by the people around you.



Key Take Aways:

It is OK to not be OK.

Asking for help is never a bad idea.



The Warrior Mindset: Suicide Prevention

Know the Warning Signs and Where to Get Help

Let's look out for friends and family by knowing what to look for

Students Resources:

During school hours

Contact your counselor:

<https://tinyurl.com/yyjer5cq>

Region Ten Counselor:

Mrs. McGarry-
amcgarry@k12albemarle.org

Crisis hotline:

Text "Home" to 741-741

In Case of an Emergency:

Call 9-1-1

Report to your local hospital

Relaxation Center:

*Your go to place for quick
and easy videos to help you
relax*

<https://tinyurl.com/y5zy2f5q>

<https://tinyurl.com/y3zctpa7>

Sometimes we get stuck in a mindset and don't realize how harmful our thoughts are. Take the time to think about the past week, to see if you have exhibited any of these behaviors. Identifying unhealthy behaviors is the first step to becoming a healthier person.

If you would like to talk to someone about this month's topic or another personal concern we will always have a list under "Student Resources" (the right most column) of people who are here for you.

Teachers:

To our teachers,
Online school has put a lot of pressure on you and we know that. You are appreciated and you don't need to do it all on your own. Please take the time to check-out the resources to the right and take care of yourselves!

- Talking about feeling hopeless, helpless, or worthless
- Using alcohol or other drugs
- Withdrawing from friends, family, and social activities
- Deepening depression or other mental illness
- Posting comments or images on social media about wanting to die or having no reason to live
- Constant thoughts of death
- Sudden changes in behavior, appearance, thoughts, and/or feelings

Mental Health Minute:

Take a break after school to do something you love before starting any homework or planning/grading. Long uninterrupted periods of work can be draining and should be avoided.