

# Mental Health Matters



Parent Edition  
Quarter 1 2019

## National Suicide Prevention Month- September

### Youth Suicide Warning Signs



- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
  - Withdrawal from or changing in social connections/situations
  - Changes in sleep (increased or decreased)
  - Anger or hostility that seems out of character or out of context
  - Recent increased agitation or irritability

If you are concerned about your son or daughter, ask yourself the following questions. Has your son or daughter shown or shared any of the following:

1. Talk about wanting to die, be dead, or about suicide, or are they cutting or burning themselves?
2. Feeling like things may never get better, seeming like they are in terrible emotional pain (like something is wrong deep inside but they can't make it go away), or they are struggling to deal with a big loss in their life?
3. Or is your gut telling you to be worried because they have withdrawn from everyone and everything, have become more anxious or on edge, seem unusually angry, or just don't seem normal to you?

If you notice any of these warning signs in anyone, you can help!

1. Ask if they are ok or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Reflect on what they share and let them know they have been heard
5. Tell them they are not alone
6. Let them know there are treatments available that can help
7. Guide them to professional help.

Adapted from <https://www.youthsuicidewarningsigns.org>



### Resources and Support

- **National Suicide Prevention Lifeline** (800) 273-TALK or (800) 273-8255  
Spanish: (888) 628-9454
- **Suicide Prevention Crisis Line** (877) 727-4747
- **National Hopeline Network** (800) SUICIDE or (800) 784-2433

### Resources and Support

- **California Youth Crisis Line** (800) 843- 5200 –24 hours, bilingual
- **TEEN LINE** (310) 855-4673 or text TEEN to 839863 – a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily. — Visit <http://teenlineonline.org> for more information.
- **The Trevor Project** (866) 488-7386 – a 24-hour crisis line that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people—visit [www.thetrevorproject.org](http://www.thetrevorproject.org) for more information.



### In case of an Emergency:

- 911 For Immediate Support
- Ventura County Crisis Team (866) 998-2243 –(24 hours)



### Upcoming News and Events

- BRITE Social Emotional Learning Workshop:  
Friday, October 11, 2019  
9:30am–12:30pm  
Saturday, October 12, 2019  
9:30am–12:30pm  
REGISTER:  
<https://tinyurl.com/y6m735tt>

## Anxiety vs. Depression: How to Tell the Difference

If you ask someone to name two common mental health problems, chances are they will think of anxiety and depression. Despite the fact that they are commonly referenced in conversation, people still struggle sometimes to determine the difference between these two conditions. This is because many people with anxiety also develop depression and vice versa. Roughly 50% of people diagnosed with depression with also be diagnosed with an anxiety disorder. However, it's important to get an accurate diagnosis in order to treat the correct conditions. Many people with depression may experience what is known as "anxious distress" in addition to their low mood. People with anxious distress often feel tense, restless, and have trouble concentrating because they worry so much. They are deeply afraid that something bad is going to happen or that they might lose control of themselves. People who experience anxious distress with depression may be at higher risk for suicide or need more intensive treatment, so it is important to identify these symptoms along with the depression.

Full article can be found at <https://www.psych.com.net/anxiety-depression-difference>

## Managing Symptoms: Staying Healthy

Being healthy is important for all children and can be especially important for children with depression or anxiety. In addition to getting the right treatment, leading a healthy lifestyle can play a role in managing symptoms of depression or anxiety. Here are some healthy behaviors that may help:

- \* Having a healthy eating plan centered on fruits, vegetables, whole grains, legumes (for example, beans, peas, and lentils), lean protein sources, and nuts and seeds
- \* Participating in physical activity for at least 60 minutes each day
- \* Getting the recommended amount of sleep each night based on age
- \* Practicing mindfulness or relaxation techniques

Full article can be found at <https://www.cdc.gov/childrensmentalhealth/depression.html>

## Meet the SPUSD Mental Health Counselors

Santa Paula Unified School District's Mental Health Counselors are Mr. Jason Claros and Mrs. Rachael Forbes. The mission of the mental health counseling program is to provide students with social-emotional support through the delivery of clinical prevention, intervention, and postvention services in an effort to enhance their personal and academic achievement.

Jason Claros graduated from California Lutheran University with a Master's degree in Counseling and PPS Credential, class of 2008, and later earned his Master's degree in Social Work from California State University Long Beach, class of 2016. He is currently a registered Associate Clinical Social Worker (ACSW). Mr. Claros has a background working with at-risk children, youth, and families since 2004 in various agencies, including Casa Pacifica, Ventura County Office of Education, Ventura County Behavioral Health, and Ventura County Children and Family Services Department.

Rachael Forbes graduated from California State University, Northridge with a Master's degree in Counseling, specializing in Marriage and Family Therapy as well as earned a PPS Credential in School Counseling from CSUN. She is a Registered Associate Marriage and Family Therapist and has extensive experience in working with at-risk children, youth, and families within the group home setting, and held clinical/counseling roles in the educational and community-based setting.