

HOME OF THE BULLDOGS

Finding HOPE

If you are having suicidal thoughts



1. Seek Help!

- Call the confidential free hotline - 1-800-273-TALK (8255)
- Text "Go" to 741-741 to access the Crisis Text Line
- Prefer to meet in person? call 801-587-300
- Download the SAFEUT app
- **Remember... It's ok to ask for help!**

2. You are Original!

- Realize your worth!
- There will *only* ever be one of you in the world
- You are valued more than you know
- You have made an impact on so many people
- Your unique contributions add up over time
- You would be deeply missed

3. Find your People!

- Know yourself and the people who can help
- Find people you trust and reach out for help
- Use the My3 app to keep the list of "Your People" handy
- Here are some ideas: your parents, a neighbor, school counselor, teacher, coach, any trusted adult

4. Engage in self-care

- Care for yourself!
- Remember you are NOT in this alone
- Reach out for support
- It's ok to search for a counselor that fits your style
- Follow your doctor's orders

Upcoming Events!

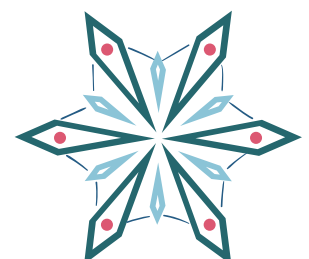
Dec. 8th - Winter Concert Rehearsal

Dec. 9th - Winter Concert (Choir & Dance)

Dec. 16th - Winter Concert (Band & Orchestra)

Dec. 17th - Auditions for Play

Dec. 21st - Jan. 1 - Winter Break



Let's Talk:

Safe UT is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program –right from your smartphone. Safe UT can help anyone with emotional crises, bullying, relationship problems, mental health, or suicide-related issues. You can even submit a tip about a friend!

Chat - CrisisLine

Opens 2 - way messaging with a SafeUT CrisisLine counselor.

Call - CrisisLine

Tap this to speak to a SafeUT CrisisLine counselor. The CrisisLine number will appear and you can call immediately.



Submit a Tip

Submit confidential tips to school administrators on bullying, threats, or violence.

Faculty Spotlight



Ms. Taylor is a rookie teacher who is rocking her first year! She is newly married as of summer 2020. Congrats!

Ms. Taylor loves getting to know her students. When she is not at school, Ms. Taylor loves spending time with her family, learning new songs on the guitar, and spending time in the great outdoors! Stop by Ms. Taylor's room and give her a warm welcome !

Can YOU solve this problem?

$$\text{Tree} + \text{Snowman} + \text{Tree} = 17$$

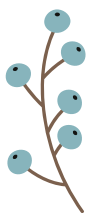
$$\text{Deer} + \text{Deer} + \text{Snowflake} = 12$$

$$\text{Deer} = \text{Snowflake}$$

$$\text{Deer} - 3 = \text{Snowman}$$

$$\text{Tree} = ?$$

The first 3 students to correctly solve this problem will receive a prize. Stop by the counseling office to see if you got the answer right!



Who's My Counselor?

Ms. Kendall A-G: ckendall@graniteschools.org
Ms. Johnson H-M: nejohanson@graniteschools.org
Mr. Howe N-Z: llhowe@graniteschools.org

