



# BULLDOG COUNSELING CORNER



## how to **ACT** to help a friend who is having suicidal thoughts

### be **AWARE** of the signs

#### Learn to recognize dangerous signs, like:

- Mood swings
- Changes in appearance, personality, eating habits, or sleeping patterns
- Your friends seems really sad, mad, stressed, hopeless, or like there is "no purpose in life"
- They isolate from family and friends
- Your friend shows risky, bizarre, or violent behaviors
- They aren't interested in their favorite activities
- They are thinking, writing, drawing, or talking about death, suicide, giving up, or "going away"
- They give away their belongings

#### **\*If you see these signs, take them seriously**

### show you **CARE**

#### Initiate dialogue in a non-judgmental way

- Tell them you care
- Ask, "are you okay?"
- Ask, "is there something going on you can share with me?"
- Ask, "are you thinking about hurting yourself?"

#### React with feeling

- Say, "I'm concerned about you"
- Say, "thanks for sharing with me"
- Say, "I care about you"
- Say, "I want to help you"

### UPCOMING EVENTS!

Dec. 1st–Dec. 3rd– 8th Grade CCRPs  
Dec. 8th– Choir, Orchestra, and Band  
Winter Concert  
Dec. 10th– Musical Auditions  
Dec. 15th– Dance Concert  
Dec. 20th–31st– Winter Recess



### **T**ELL a trusted adult

Shift the focus from sources of pain to resources for treatment

- Say, "Let's find someone who can help"
- Support them in talking to someone
- It's okay to get help, even if your friend seems mad
- This is not a secret you should keep

Who do you tell?

- Your parents
- Their parents
- A teacher
- A coach
- A school counselor
- The school officer
- The principal
- A trusted adult



# WANT A PRIZE?

Come to the counseling center and tell us one way you can ACT and help a friend who may be struggling with suicidal thoughts.

encourage journaling & self-reflection

set time aside for hobbies

talk about feelings

self-care ACTIVITIES

find time for movement

focus on the moment

rest well

video call family & friends

#selfcaresaturday

Flow & Grow KIDS YOGA

# LET'S BE BRAVE TODAY

- B Breathe**
  - FILL YOUR WHOLE BODY WITH AIR.
  - SLOWLY RELEASE THE AIR (TAME IT).
- R Relax**
  - RELAX.
  - LET GO OF THE TENSION THROUGHOUT YOUR BODY.
- A Ask**
  - WHAT ARE THE FACTS?
  - WHAT AM I FEELING?
- V Validate**
  - CONFIRM YOUR EMOTIONS.
  - IDENTIFY YOUR EXPERIENCE.
- E Engage**
  - WHAT ARE MY NEXT STEPS?
  - WHO CAN SUPPORT ME?

Utah State Board of Education 200 East 500 South, P.O. Box 144200 Salt Lake City, UT 84114-4200 Sydney Dickson, Ed.D., State Superintendent of Public Instruction www.schools.utah.gov

## Faculty Spotlight



Ms. Bearss is our new math teacher. She went to Salt Lake Community College and Western Governors University. Her favorite book is Harry Potter and her favorite movie is The Proposal. She loves to eat pizza and chocolate. Her favorite part about school is the students. In her free time she enjoys spending time with her kids. She loves playing the piano, going to the beach and going to Disneyland.

### SCHEDULE A MEETING WITH YOUR CONSELOR

Ms. Kendall A-G: ckendall@graniteschools.org  
Mrs. Judd H-M: mdjudd@graniteschools.org  
Mr. Howe N-Z: llhowe@graniteschools.org

