

ELBERT SCHOOL
October 2019 Announcement

Hello Elbert School Families,

The month of October focuses on Mental Health Awareness. With this in mind, the Counseling and Admin teams would like to provide you with a list of resources to help do the following:

1. Raise awareness of the frequency of mental health concerns among young people;
2. Know how to recognize signs that a young person may be struggling;
3. Be able to respond in an effective, understanding way if something may be wrong.

Colorado ranks above the national average on many measures related to mental illness, and Elbert County falls above the state average on many indicators.

- In Elbert County:
 - 15% of residents (ages 5+) reported eight or more bad mental health days in the past 30 days. Colorado average is 12%
 - 15.7 suicide deaths per 100,000 residents. Colorado average is 19.1
 - 9% of children (under the age of 18) needed mental health care. Colorado average is 15%
 - 18% of high school students reported seriously considering suicide. Colorado average is 17%

Source: www.mentalhealthcolorado.org/resources/ - Data Dashboard for Elbert County

Recognizing the signs a young person may be struggling & knowing how to respond

- Mayo Clinic video on Teen Suicide Prevention: www.youtube.com/watch?v=3BByqa7bhto
- Robbie's Hope - resources for teens and parents on how to have a conversation (the Adult Handbook in particular, for parents): <https://robbies-hope.com/>

Navigating social media/screen time and mental well being: www.screenagersmovie.com/tech-talk-tuesdays

Resources for students

- Texting support line with certified counselors: text TALK to 38255 (for more information, visit <https://need2text.com/>)
- LGBTQ-specific mental health support: www.thetrevorproject.org/
- If worried about safety of self or others: safe2tell.org/
- National Suicide Prevention Lifeline: 1-800-273-8255

Community mental health resources

- Counselors/therapists in the Elbert area: <https://www.centennialmhc.org/>
- Counselors/therapists in the Monument area: See attached
- Aspen Pointe Walk-In Crisis Center: 844-493-8255 (available 24/7 by phone)
 - 6071 East Woodmen Rd, Suite 135 Colorado Springs, CO 80923
 - St. Francis Medical Center, North Care Bldg.
- Hospital Emergency Rooms: Penrose, St. Francis, Memorial Central, Memorial North

Note: These resources are compiled here for informational purposes only and are not necessarily endorsed by or affiliated with Elbert School.

As always, we are happy to partner with you in supporting the well-being of your students. Feel free to reach out if you need anything at all.

Sincerely,

The Elbert School Counseling and Admin Teams