

## **"ACT" Mental Health and Suicide Awareness Program Scheduled**

During November, school counselors and pupil personnel staff will be visiting all 9<sup>th</sup> grade classes to promote mental health awareness. Information regarding the ACT program (**A**cknowledge the problem, **C**are by letting someone know you are there for him or her, and **T**alk to a trusted adult as soon as possible), as well as related school and community resources are being included in this mailing as a resource for all grades. Ninth grade students will be shown a video as part of the presentation. **It is important that parents notify the high school counseling office of students for whom this topic may be too sensitive.**

**Let's eliminate the myths and learn the facts about mental health and counseling. The need for mental health support touches virtually all of our families at some point. Whether we are simply seeking to better understand ourselves, or if we are in crisis, counseling helps. Support those who have the wisdom and courage to seek counseling, and learn to recognize when others need help – because every life matters.**

### **Depression, if untreated, can lead to suicide. ACT when you notice:**

- changes in eating and/or sleeping patterns
- loss of interest in school and regular activities
- withdrawal from friends and family
- feelings of irritability, anger, hopelessness, worthlessness or guilt
- feelings of being trapped, like there's no way out
- talking about death, making threats of suicide, saying "I wish I were dead"
- talk like "...what if I just weren't here anymore"; "there's nothing to live for"
- access to weapons in the home or elsewhere
- giving away important possessions
- taking risks such as driving too fast, abuse of alcohol or other substances

### **HOW YOU CAN HELP IN A SUICIDAL CRISIS -- ACT :**

**A**cknowledge that the person has a problem and that the symptoms are serious.

Don't give false reassurance that "everything will be OK." Empathize.

**Don't leave them alone if there is immediate danger. Stay until help arrives.**

**C**are: Let your friends know you are there for them and that you want to help.

**Don't promise not to tell! You may have to betray a secret to save a life!**

Encourage the person to talk with you. Listen intelligently and show that you care.

**T**alk to an adult you trust as soon as you can -- a parent, teacher, school counselor, school social worker, psychologist or nurse – any adult with whom you feel comfortable and who can help in a crisis. Trust your judgment. **It's important not to let others talk you out of acting when you believe someone is in danger!**

#### **Helpful People at Lakeland High School: 914-528-0600**

**Principal:** Mr. Cummings **Asst. Principals:** Mr. Mercurio, Mr. Fitzpatrick

- **School Counselors:** Ms. Kerasiotes, Ms. Klatsky, Ms. Ruxton, Ms. Scharff, Ms. Smith, Mr. Millings
- **School Nurse:** Ms. De Vito
- **School Psychologists:** Ms. Gilmore, Ms. Mulligan
- **School Social Workers:** Ms. Pellegrino, Mr. Barbagiovanni
- **Student Assistance Counselor:** Ms. Marshall
- **School Resource Officer:** Officer Paniccia
- **Your Teachers**

Please see the reverse side of this page for a list of county-wide and national emergency hotlines.

## **Westchester & Putnam County Emergency Numbers**

### **\*In Case of Emergency Dial 911\***

Suicide/Crisis Prevention Hotline - St. Vincent's Hospital. 914-925-5959\*  
Westchester Cty. Dept. of Social Services. Emergency Services (evenings and weekends) 914-995-2099\*  
WestCOP Victim's Assistance Services. Sexual Assault Helpline 914-345-9111\*, 1-855-827-2255  
Putnam County Crisis Intervention Hotline (24 hours, 7 days / week) 845-225-1222  
Putnam/No. Westchester Women's Resource Ctr. Crisis Hotline 845-628-2166  
Children's Village, Sanctuary Runaway Respite 24/7 Hotline: 1-888-997-1583  
Green Chimney's Arbor House. Runaway safe house for teens. Hotline. 845-279-2588

**\*Staffed by persons in Westchester County**

## **New York State Emergency Numbers**

New York Child Abuse Hotline 1-800-342-3720  
N.Y.S. Domestic and Sexual Violence Hotline. 1-800-942-6906 English & español/Multi-language  
Accessibility, Deaf or Hard of Hearing: 711

## **National Hotline Numbers**

Crisis Text Line: Text HOME to 741741

National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255, Nacional de Prevención del Suicidio 1-888-628-9454 or online chat available at [National Suicide Prevention Lifeline](#)

National Runaway Safeline 1-800-RUNAWAY (1-800-786-2929), text 66008, email or online chat available at [National Runaway Safeline](#)