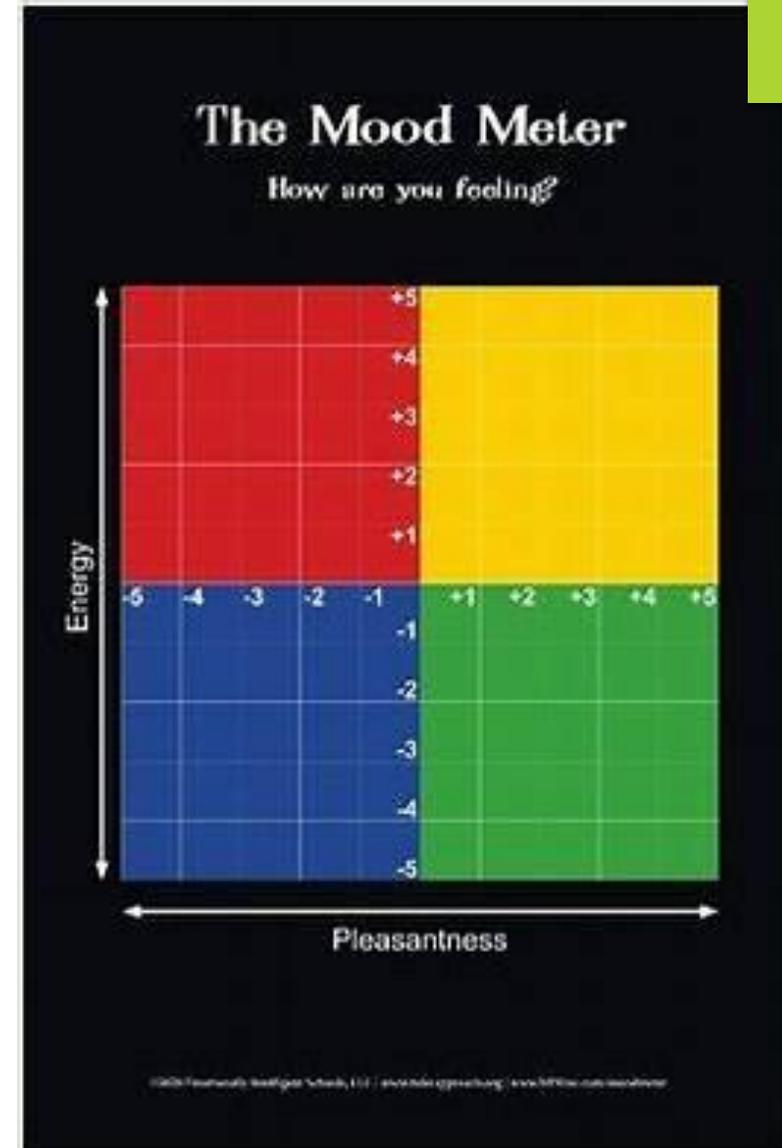


Supporting the
Social-Emotional
Health of your KMS
Student



Help them identify what they are feeling

- ▶ We use the RULER system at KMS



Help your student identify regulating activities

- ▶ Dysregulation: “a poor ability to manage emotional responses or to keep them within an acceptable range of typical emotional reactions.”
- ▶ Encourage them to get physical or take a break (go for a walk, dance it out....)
- ▶ Provide time and space for your student to talk (cook a meal together, go on a walk or a drive, play a game)
- ▶ Create or maintain a routine at home so that expectations are clear
 - ▶ For example:
 - ▶ Electronic devices are put away at a certain time each evening
 - ▶ Remind your teen that they need around 8-9 hours of sleep each night and help them create a comfortable sleep space and schedule

Talking about and supporting mental health.

- ▶ Validate their feelings and experience. What they are feeling is real to them.
- ▶ Words like “Don’t”, “Can’t”, and “Shouldn’t” can feel dismissive.
- ▶ Listen first! Often, they just need (and want) someone to listen.
- ▶ Limit or avoid giving advice or jumping into ‘fix-it mode’ right away.
- ▶ Keep focus on them. Avoid talking about yourself or ‘when you were there age’
- ▶ Talking to them about suicide or asking if they feel suicidal won't make things “worse”.
- ▶ Remind them you love them and that they are not alone.

Ineffective Vs. Effective Language

<u>Ineffective Language</u>	<u>Effective Language</u>
Come on, it's not that bad?	I hear your pain, is there something I can do for you?
Why can't you just forget about it?	I know it's hard, would it help to talk about it?
Don't think that way!	Would you like to tell me about it?
You're too emotional.	I appreciate that you are sharing this with me.
I just don't understand you!	I care about you, but I feel confused. Do you know what might help?
Cheer up!	I'm here to listen.

Protective Factors & Resources

- ▶ Consult with Primary Care Provider!
- ▶ Support and encourage finding some Extracurricular activities!
- ▶ App based therapy/telehealth options:
 - ▶ Better Help, TalkSpace, Larkr, TeenCounseling, PrideCounseling
- ▶ Mindfulness & Meditation Apps:
 - ▶ Calm, Headspace, Moodmission, Sanvello, Aura
- ▶ Other Helpful Apps:
 - ▶ Moodfit, Sanvello, Pacifica

Crisis and Counseling Resources:

- ▶ **Crisis Text Line:** Text HOME to 741741 to connect with a Crisis Counselor available 24/7 <https://www.crisistextline.org>
- ▶ **Teen Link** (Confidential and anonymous help line for teens): 1-866-833-6546 <https://www.crisisconnections.org/teen-link/>
- ▶ **National Suicide Prevention Lifeline:** Free, confidential support for people in distress and/or crisis (not limited to suicidal crisis) 1-800-273-8255 <https://suicidepreventionlifeline.org>
- ▶ **Whatcom County Behavioral Health Triage Center Crisis Line:** 1-800-584-3578 [Whatcom County Triage Center \(WCTC\) | Compass Health](#)
- ▶ **Trevor Project Hotline** (LGBTQ focus): 1-866-488-7386 <https://www.thetrevorproject.org>
- ▶ **Self-Injury Cutting:** 1-800-366-8288 <https://selfinjury.com>
- ▶ **National Parent Helpline:** 1-855-427-2736 <https://www.nationalparenthelpline.org>