

SGI COUNSELOR NEWS

WHAT'S HAPPENING...



September is Suicide Prevention Awareness Month.

Dear SGI Families,

September is Suicide Prevention Awareness Month. With that in mind, SGASD mental health professionals will be sharing some thoughts and information with all students, grades 5-12.

One in five people struggles with a mental health diagnosis, and our children are not immune. In an effort to de-stigmatize mental health issues and inform students of the supports available to them, we had a classroom meeting, today, Monday, September 12th.

During this time, students watched a presentation about how they can cope with stress and sadness, how to feel more connected to others and who their "go-to" adult is, when they need support. We will also be sharing a myriad of resources and supports that are available to students, parents, and families. As a parent, you are often the first to notice when your child is struggling, but this realization can be scary and overwhelming, especially if you are not sure how to respond.

Research shows people who are having thoughts of self-harm and/or suicide feel relief when someone genuinely asks how they are feeling. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation. This supporting evidence reinforces why we need to talk openly about mental health. We want parents and our students to know that there are options, resources, and help available.

We will be sharing information about the [National Suicide Prevention Hotline](#) (988), Pennsylvania's mandated [Safe2SaySomething Program](#) (an anonymous reporting program, which was launched in January 2019 with grades 5-12), the [Northern York Regional Police Anonymous Tip Line](#), and the school supports that SGASD offers. Information on all of this can be found on our district's website. Students will learn about Safe2SaySomething on Wednesday, September 21st.

As always, if you have any concerns or questions, please feel free to contact your child's school counselor. Our contact information is listed to the right. On the next page, you will find the same resources that we will be sharing with students as well as additional resources for parents.

Susan Moore, MS, NCC, LPC, CFBT
6th grade School Counselor

Mrs. Jill Tapia
5th Grade School Counselor

SGI Counselors

Mrs. Jill Tapia

5th grade Counselor

225-4731, ext. 5104

tapiaj@sgasd.org

Mrs. Susan Moore

6th grade Counselor

225-4731, ext. 5221

moores@sgasd.org

PARENT RESOURCES

IN AN IMMEDIATE LIFE-THREATENING SITUATION PLEASE CALL 911.

"SAFE2SAY SOMETHING" PROGRAM FOR GRADES 5-12

WWW.SAFE2SAYPA.ORG

1-844-SAFE2SAY (1-844-723-2729)

OR YOU CAN DOWNLOAD THE APP "SAFE2SAY" FROM YOUR APP STORE.

"SEE SOMETHING SAY SOMETHING"

NORTHERN YORK COUNTY REGIONAL POLICE DEPARTMENT

ANONYMOUS TIP LINE

717-467-TELL (8355)

YORK AND ADAMS COUNTIES CRISIS INTERVENTION SERVICES

YORK HOSPITAL

717-851-5320

TRUE NORTH WELLNESS SERVICES (FORMERLY ADAMS HANOVER COUNSELING)

717-632-4900

HANOVER HOSPITAL

717-637-3711

GETTYSBURG HOSPITAL

717-334-2121

PA DEPT OF HUMAN SERVICES MENTAL HEALTH "WARMLINE"

1-855-284-2492

NATIONAL SUICIDE PREVENTION LIFELINE

DIAL 988 OR 1-800-273-TALK (8255)

CRISIS TEXT LINE

741-741

FOR MENTAL HEALTH SERVICES OR AGENCIES, CALL YORK COUNTY MENTAL HEALTH/INTELLECTUAL & DEVELOPMENTAL DISABILITIES AT 717-771-9618 OR CALL YORK COUNTY FIRST AT 717-755-1000.

FOR LOCAL SERVICES AND AGENCY INFORMATION, FEEL FREE TO ALSO CALL YOUR STUDENT'S SCHOOL COUNSELOR OR THE DISTRICT SOCIAL WORKERS, CONTACT INFORMATION IS FOUND ON THE FIRST PAGE OF THIS NEWSLETTER.

THERE ARE ALSO MENTAL HEALTH TIPS AND RESOURCES ON THE DISTRICT HOME PAGE (WWW.SGASD.ORG) AND IN THE COUNSELORS' CORNER OF SGI'S HOMEPAGE.