

Parents and Guardians:

In an effort to provide helpful information to support our youth, we have created a document with live links to assist you in navigating how to identify mental health red flags as well as what to do or where to go in order to get assistance.

As a school community, we have noticed and are committed to helping with the uptick in depression, anxiety and other mental health challenges that we are seeing and that often stand in the way of the academic success and general well-being of our students.

As parents, we know you may also be seeing these behaviors, but may not understand their significance or may not have a guide to recognize what is normal adolescent behavior versus what needs more intense support.

We hope you find this guide informational. Nothing here is meant to replace professional mental health care and we encourage you to reach out to the school if you have questions or concerns not addressed here or if you just want to chat about your student.

RECOGNIZING THE 5 SIGNS OF EMOTIONAL SUFFERING:

https://www.changedirectionsummitcounty.org/wp-content/uploads/2019/06/Five-Signs-Fact-Sheet-April-2019_Page_1.jpg

MY CHILD'S BEHAVIORS HAVE CHANGED AND I HAVE CONCERNS: (what do I do??)

At School:

Guidance Department at Sussex Tech: 973-383-6700 x242

The Student Center at Sussex Tech: 973-383-6700 x329

In the Community:

Newton Medical Center's Center for Behavioral Health Psychiatric Emergency: 973-383-0973

Use this 24/7 number to reach out to talk to a psych emergency professional if you are concerned about your student self-harming or they are expressing suicidal thoughts.

*Call the number provided on your insurance card to find a local therapist in your plan. Many private therapists may offer a sliding scale so your fee is easier to manage.

*Call your preferred House of Worship. Whether a synagogue, a church, mosque or other faith-based community, they typically have professionals they refer to that provide their parishioners with the help and guidance they need.

*2nd Floor (Hotline)-888-222-2228 (24/7) (call or text)-They are able to provide immediate support to your teen

*NAMI hotline- Text "home" to 741 741 (24/7) (text only)- They are able to provide immediate support to your teen

* <https://www.sussex.nj.us/cn/webpage.cfm?tpid=15520> -Sussex County Resource guide for support for a variety of needs.