



Safety & Wellness

IN ELEMENTARY AGE STUDENTS

Even young children can struggle with anxiety, depression and ideas of self harm and/or suicide. It is important to pay attention to changes in your child that may indicate they are struggling.

Children vary in their personality and typical behaviors, therefore it is most important to think about your child as an individual and trust your gut. **It is important to look for dramatic changes in your child's behavior.**



Risk Factors and Warning Signs

Changes in Feelings

- Hopelessness
- Sudden/extreme moodiness
- Anger outbursts that aren't typical

Changes in Thoughts

- Thoughts of hurting themselves
- Preoccupation with death or ways to die which may be expressed through drawings, words, or other medium
- Feeling like a burden to the family

Changes in Behaviors

- Attempting to hurt themselves
- Talk of death
- Changes in sleep patterns (sleeping less or more)
- Complaints of stomach aches, headaches or other pains that cannot be explained

Other Risk Factors

- Low stress and frustration tolerance
- Impulsivity
- Poor problem-solving or coping skills
- Perception of being a burden (e.g., to family and friends)



WHAT TO DO IN A CRISIS

Remember, if your child exhibits some of these behaviors or risk factors, it is not necessarily cause for immediate concern. It is most important to look for changes in your child and to talk with a professional if you are worried about your child.

- Remain calm
- Pay attention
- Listen
- Acknowledge what they are saying
- Take any signs of suicidal ideation or behavior seriously.
- Ask specific questions about suicidal thoughts, such as "Are you thinking about hurting or killing yourself?" It is ok for parents to ask children about their feelings of sadness or loneliness.

- Listen. Asking questions and listening to them shows your child that you understand and that you care.
- Conveying empathy in a time of emotional crisis is crucial
- Get your child to help. Support is available. It is ok to have your child assessed, even if you think the risk might be low.



SEEKING ASSISTANCE

If in immediate danger of self-harm

 **Call 911**

**Butte County Behavioral Health
Crisis Hotline**

 **Call 800.334.6622
or 530.891.2810**

National Suicide Prevention Lifeline

 **Call 800-273-8255**

Butte County Walk-In Crisis Services

Available 6:00am to 11:00pm, 7 days
a week, including holidays.

For support through text message
from the Alex Project

 **Text HOME to 741741**

**560 Cohasset Rd. Ste. 180,
Chico, CA 95926**

There is **ALWAYS** someone available to speak to you and/or your student in a difficult time. Trained professionals can help guide you through the best way to support your student and keep them safe.