

Mental Health: Winter Break 2022/2023

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Winter break is a great time for students to relax but sometimes not all students are stress-free. Mental health does not “take a break” when students are away from school. In fact, some students can struggle more with anxiety, depression, or other mental health challenges when their routine has changed.

I have gathered some resources together to provide families and students with a quick reference for any crisis that may arise during the winter break.

Crisis Lines

Emergencies - CALL 911

Suicidal Thoughts/Mental Health Crisis - 988 (Call or Text ANYTIME 24/7)

The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

The Trevor Project: 1-866-488-7386

Youth Helpline, Your Life Your Voice: 1-800-448-3000

National Hopeline Network - 1-800-784-2433 (1-800-SUICIDE)

The NAMI National Helpline - 1-800-950-NAMI (6264) or text HOME to 741741

TeenLine (teens helping teens) - 1-310-855-4673 or text TEEN to 839863

Gay & Lesbian National Hotline - 1-888-THE-GLNH (1-888-843-4564)

National Eating Disorder Association - 1-800-931-2237 or text NEDA to 741741

Rape/Abuse Hotline - 1-800-656-HOPE (1-800-656-4673)

Substance Abuse and Mental Health Services Administration (SAMHSA) - 1-800-662-4357

5 Action Steps for Helping Someone in Emotional Pain

- ASK**
“Are you thinking about killing yourself?”
- KEEP THEM SAFE**
Reduce access to lethal items or places.
- BE THERE**
Listen carefully and acknowledge their feelings.
- HELP THEM CONNECT**
Call or text the 988 Suicide & Crisis Lifeline number (988).
- STAY CONNECTED**
Follow up and stay in touch after a crisis.

NIH National Institute of Mental Health
nimh.nih.gov/suicideprevention

5 Action Steps

Here are 5 steps you can take to #BeThe1To help someone in emotional pain:

1. **ASK:** “Are you thinking about killing yourself?” It’s not an easy question but studies show that [asking at-risk individuals](#) if they are suicidal does not increase suicides or suicidal thoughts.
2. **KEEP THEM SAFE:** Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
3. **BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests [acknowledging and talking about suicide](#) may in fact [reduce rather than increase](#) suicidal thoughts.
4. **HELP THEM CONNECT:** Save the 988 Suicide & Crisis Lifeline number (**call or text 988**) and the Crisis Text Line number (**741741**) in your phone so they’re there if you need them. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional. Additional resources found at www.bethe1to.org.
5. **STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. [Studies have shown](#) the number of suicide deaths goes down when someone follows up with the at-risk person.

For more information on suicide prevention: www.nimh.nih.gov/health/topics/suicide-prevention.