



SIGN-UP FOR REMIND UPDATES:
TEXT @AGCCOUNSEL TO 81010

COUNSELING CORNER

September 2018

Website: <https://agccounselors.weebly.com/>



National Suicide Prevention Month

What we need to know

Potential risk factors may include mental disorders, alcohol and/or drug consumption, hopelessness, impulsive/aggressive tendencies, history of trauma, severe physical illness, previous suicide attempts, and family history of suicide, loss of relationships, lack of social support, exposure to others who have committed suicide, and easy access to lethal means.

Warning signs

If the behavior is new, has increased, or seems related to a painful event, loss, or change, it is vital to let a professional know. A few of the warning signs may include talking about wanting to die, talking about feeling hopeless, talking about being a burden to others, sleeping too little or too much, withdrawing/isolating themselves, showing rage or talking about seeking revenge, and extreme mood swings.

What to do

Talking to someone that is going through a suicidal crisis can be difficult. Be direct and talk openly and matter-of-factly about suicide. Be willing to listen and allow him/her to express their emotions. Try to remain non-judgmental and avoid debating if suicide is right or wrong. Research states that showing interest and support can prevent suicidal attempts.

What not to do

When talking with someone that may be suicidal, try not to act shocked. Acting shocked can create a sense of distance between you and the child and further create a feeling of isolation and lack of support. Don't keep suicidal ideation and/or attempts a secret. Seek professional support and ensure that you have access to appropriate resources.

Common resources for A.G. Cox Middle School

There are two resources that we commonly use at the school in order to assist those who are struggling with suicide and similar issues. Teen Crisis Hotline is a service that adolescents can text to receive support. In order to utilize this service, text the word *START* to 741-741 or www.crisistext.line.org. *Crisis Chat* is a service provided by Integrated Family Services to provide emotional support to those going through a crisis. Visit www.integratedfamilyservices.net and click the Crisis Chat icon. Both of these resources are free to everyone. For more information, please visit suicidepreventionhotline.org

Needs Assessment

This month we will be asking students to complete a needs assessment to help us see what they need from the Counseling Department.



Check out these awesome articles with wonderful information for students and families:



Students, do you want to broaden your Raider status? Let's spread accountability, as game changers, through our consideration!

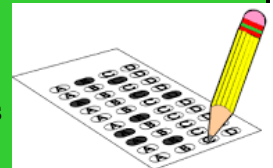
<https://www.youtube.com/watch?v=T2FPtcmlQeQ>

Tests are hard but when you have the information, you can make the facts stand out with good study habits!

Studying for Multiple Choice Tests

<https://www.how-to-study.com/study-skills-articles/studying-for-a-multiple-choice-test.asp>

The key to success when studying for a multiple-choice test is to keep in mind that success requires recognizing correct information.



We don't always feel our best, but being our self and the best self we can be is a must!

[Raising Self Esteem \(https://www.how-to-study.com/study-skills-articles/raising-self-esteem.asp\)](https://www.how-to-study.com/study-skills-articles/raising-self-esteem.asp)

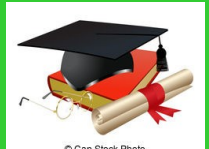


The higher your self-esteem, the higher will be your achievement.

College & Career Readiness

We have an opportunity to get a jump start on our future plans. The key is *plan*. Do your plans include a career that requires college? If so, this article is for you:

<https://www.how-to-study.com/study-skills-articles/what-colleges-look-for.asp>



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