

Responding to Kids who are thinking of Self-Harm or in Crisis After School Hours

Did your child report something they saw on social media? Did they say something in the car to you on the way home from school?

When you are aware that a child may want to hurt themselves or is in an unsafe situation and needs support, it is important to respond immediately. There are several ways to reach out especially when you are hearing the information first-hand on the weekend, after or before school hours. When you are aware of information pertaining to a child's safety, using one of the steps listed below will help. As a member of our school community, your teamwork is appreciated by the school and can also greatly benefit the child's overall well-being.

Here are some steps in deciding how you should respond to a child who may need support:

- 1) If you feel the child is in immediate danger, please call 911.
- 2) If you are not sure if the child is in immediate risk of self-harm or suicide but would like to make a report, start with the child's parent first. Unsure, please contact **We Tip** at www.wetip.com or **1-800-78-CRIME**. They have available personnel who may best direct you to the resources you need.
- 3) After you completed Steps 1 and/or 2; if you think this child's situation may impact their school day, you may also contact the school's *administrative and counseling team* to inform them of what you learned and to whom you reported it to.

6th Grade:
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- 4) Talk to your own child about your decision making process and why you have decided to reach out for help. Your child will learn so much about the importance of reaching out in times of need.

Helplines & Hotlines

The numbers below are also great resources to help students and families who may need someone to talk to:

Teen Hotline: 310-855-4673 or TEXT "TEEN" to 869863

Suicide Hotline: 1-800-273-TALK or 1-800-303-7432 (Espanol)

Text: HOME to 741741
(www.crisistextline.org)

Department of Child and Family Services: 1-800-540-4000

Santa Monica Police Department:
1-800-395-9931

SMMUSD Health Services and Counseling Resources:

<http://www.smmusd.org/health/mentalhealth.html>

Want to learn more?

Signs, symptoms, and resources for depression and suicidality

<http://www.smmusd.org/health/depressionandsuicide.html>

Information for parents

What you need to know about self-injury.

<http://www.selfinjury.bctr.cornell.edu/perch/resources/parenting-2.pdf>

Not a phase: How to recognize suicidal tendencies in teens

http://www.providence.org/blog/2017/09/not-a-phase-how-to-recognize-suicidal-tendencies-in-teens?utm_source=tyh&utm_medium=email_free&utm_campaign=Sept2017

Self-Injury and Youth

<http://www.mentalhealthamerica.net/conditions/self-injury-and-youth>

Depression In Teens

<http://www.mentalhealthamerica.net/conditions/depression-teens>

WeTip
School Safety Program
"Illegal Activity is not tolerated"
1-800-78-CRIME
Anonymous
24 hours a day, 365 days a year
Reward
Up to \$1,000
www.wetip.com

Dear Parent,

The WeTip National School Safety hotline program is pleased to welcome you as a WeTip member. We believe that students and their families are empowered by the WeTip program to keep their schools and communities' safe and crime free. WeTip has provided the nation's only totally anonymous, neutral third party, crime hotline to schools for the past 33 years.

WeTip's School Safety Program is a joint involvement of law enforcement, students and their families and school staff members. All are committed to providing a safer living environment for students and their families nationwide.

The schools lose hundreds of thousands of dollars each year due to vandalism, graffiti, theft, violence and other crimes. School officials and law enforcement have teamed up with WeTip, the nationwide crime-fighting organization.

The WeTip School Safety Program has proven to be extremely effective in reducing calls for police service at schools that are involved in the program. Many schools have experienced a significant decrease in crime incidents and law enforcement calls in the time that the program has been implemented.

As the School Safety Program continues to expand nationwide, our hope is that families will have a safer environment to live and raise their children.

As a WeTip member, your school has obtained a tool, which has been serving communities since 1972. It will enable you to effectively combat school crimes, violent crimes, child abductions, bullying, vandalism, arson, graffiti and property destruction by using the WeTip anonymous hotline system 1-800-78-CRIME. The hotline can also be used to report any situation that is deemed "unsafe" such as students that may be a danger to themselves or others. The WeTip hotline system is online 24 hours a day, 365 days a year with 60 trained operators taking anonymous tips and relaying that information immediately to school officials and local law enforcement officers. This program provides the necessary tools to create a pro-active crime abatement program in your community.