



SOCIAL AND EMOTIONAL WELLNESS

The official SEL newsletter of La FERIA Independent School District



ISSUE 1

SPECIAL EDUCATION DEPT.



SUICIDE PREVENTION MONTH



September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.



WELCOME BACK!

As we start a new school year, La FERIA ISD is making it a point to focus on the social and emotional wellness of the students and school staff. We established a social and emotional wellness newsletter to highlight social-emotional learning topics and resources this school year.

Social-emotional learning (SEL) is "the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success." Social-emotional skills help us face everyday challenges in our academic, professional, and social lives. We hope to continue to foster our healthy learning and work environment with this new resource.

WARNING SIGNS OF SUICIDE IN CHILDREN AND TEENS

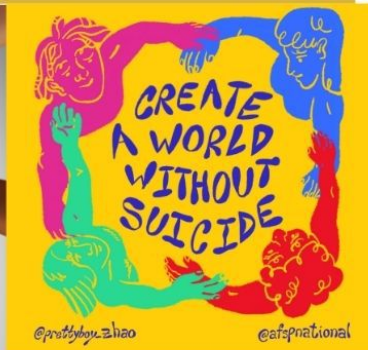
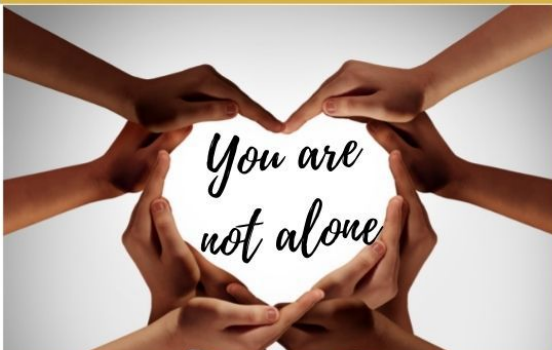
Common warning signs for suicide include:

- Making suicidal statements.
- Being preoccupied with death in conversation, writing, or drawing.
- Giving away belongings.
- Withdrawing from friends and family.
- Having aggressive or hostile behavior.

Other warning signs can include:

- Neglecting personal appearance.
- Running away from home.
- Risk-taking behavior, such as reckless driving or being sexually promiscuous.
- A change in personality (such as from upbeat to quiet).

It is extremely important that you take all threats of suicide seriously and seek immediate treatment



SPECIAL EDUCATION DEPT.

ISSUE 1



Talk Saves Lives



Watch on YouTube

SELF-CARE TIPS

- Take a walk outside
- Write a love letter to yourself
- Write about something you are grateful for in your life (it can be a person, place, or thing)
- Create a happy playlist and a coping playlist
- Treat yourself to a favorite snack
- Watch your favorite movie
- Forgive someone
- Forgive yourself
- Say thank you to someone who has helped you recently
- Plan a lunch date with someone you haven't seen in a while
- Take a day off from social media and the Internet
- Reach out to your support system
- Cuddle with your pets or a friend's pet
- Take the time to stop, stand and stretch for 2 minutes
- Wake up a little earlier and enjoy a morning cup of tea or coffee before the morning rush
- Do a short mindfulness breathing technique
- Take a hot shower or bath
- Sit with your emotions, and allow yourself to feel and accept them. It's okay to laugh, cry, just feel whatever you're feeling with no apologies!
- Take a 5-minute break in your day
- Compliment someone (and yourself, too!)
- Give yourself permission to say no
- De-clutter your mind: write down 5 things that are bothering you, and then literally throw them away
- Take the time to find 5 beautiful things during your daily routine
- Take a mental health day from school, work, etc.
- Take a nap
- Reach out to the Lifeline



Resources

Tropical Texas Behavioral Health
Mental Health & Substance Use Crisis
Hotline
1-877-289-7199

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

Available 24 hours

800-273-8255

or **dial 911** in case of an emergency.

Support for deaf people and those with hearing loss:

800-799-4899

Online Chat:

<https://suicidepreventionlifeline.org/chat/>
(available 24/7)

National Hopeline Network, Suicide & Crisis Hotline

1-800-442-HOPE(4673)

National Institute of Mental Health Information

Resource Center

1-888-826-9438



**American
Foundation
for Suicide
Prevention**

Contact Information

Claribel Leal, M.A.
Licensed Specialist in
School Psychology, LSSP

Claribel.Leal@laferiaisd.org

Tel: (956) 797-8515

