

## COUNSELING RESOURCES

### SUICIDE PREVENTION

#### Warning Signs:

- Previous suicide attempt
- Feelings of worthlessness
- Signs of major depression
- Readily accessible firearms
- Current talk of suicide or making a plan
- Giving away possessions
- Impulsiveness and taking extreme or unnecessary risks
- Lack of connection to family and friends

Never agree to keep suicidal thoughts in confidence. Inform family members, school staff and/or friends. Seek outside emergency intervention at a hospital, mental health clinic or call the following:

- **National Suicide Prevention Lifeline**  
**1-800-273-8255**  
**24 hours / 7 days per week**

### SELF-INJURIOUS BEHAVIOR

Self-injury is the act of hurting yourself physically. 1 in 10 adolescents have hurt themselves at least once. The more you open up and get those feelings out the less likely you are to hurt yourself. If you are unsure who to talk to, you can call Teenline. Teenline is a confidential telephone hotline for teenage callers. It operates every evening from 6:00pm - 10:00pm - toll free from anywhere in California. You do not need to provide your name, and all calls are confidential.

- **TeenLine**  
**1-800-TLC-TEEN - (1-800-852-8336)**  
[www.teenlineonline.org](http://www.teenlineonline.org)

### 24 HOUR CRISIS TEXTLINE

This is a 24 hour "text" line which is free, nationwide and 24/7 for anyone who is in crisis.

- [Text 741741](https://www.text4textline.org/)

## CALIFORNIA YOUTH CRISIS LINE

This is another 24 hour crisis line which is available 24 hours a day and is bilingual.

- 1-800-843-5200

## TREVOR PROJECT / LIFELINE

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people ages 13 - 24.

- **Trevor Lifeline:**  
**1-866-488-7386 - toll free**  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

## GRIEF/LOSS

The death of a parent, sibling, or someone close can be devastating for children and teens. They often feel isolated and unable to talk about the death with peers who have not had a similar experience. OUR HOUSE is an organization that sees children as young as 4 through 17 and places them in groups which are specific to their age and relationship to the person who died. Through activities and projects children are supported throughout the grieving process.

- **OUR HOUSE**  
**West LA Location: 310-473-1511**  
**Woodland Hills Location: 818-222-3344**  
[www.ourhouse-grief.org](http://www.ourhouse-grief.org)

## FAMILY SOURCE

The organization offers a free youth services program for middle and high school students. Some services offered include college field trips, homework assistance, and to develop leadership and teen building skills.

- **FAMILY SOURCE**  
**Van Nuys Location            818-786-4098 x109**

## **SOCIAL MEDIA / RESPONSIBLE USE**

Social media is an extremely valuable tool for students to have access to. However, there are instances where it is unacceptable to use social media. They include:

- Students must be aware that any content or information shared privately through social media on electronic devices can still be viewed, accessed, and distributed by others—even their peers.
- Students shall engage in privacy practices and respect the privacy of others. Students must always obtain permission before taking pictures, recording video, or recording audio of any person. Permission must be obtained before posting such material online. Be aware that parent permission is required before posting material. This includes any student under the age of 18.
- Students shall not share confidential information about themselves or others. Personal information includes (but is not limited to) one's full name, address, phone number, school, and birthdate.
- Students must represent themselves honestly and ethically online and are not to mislead others by impersonating another person (student, staff, or any other person).
- Students shall use respectful language and tone with others both on and offline. Respectful language includes avoiding vulgarity, profanity and slurs based on the gender, race, disability, or orientation of another person.
- Students should be aware that district employees are mandated reporters of child abuse. Should information posted on social media indicate that a minor is being abused, this information will be reported to the authorities. Posting sexually explicit images of minors (for example, sexting) is a serious crime, even when the poster is a minor, and may constitute child abuse.
- Students must always behave lawfully and refrain from encouraging others to act unlawfully. Unlawful activities that can be conducted through social media includes (but is not limited to):

Threats	Drug sale
Gang activity and communications	Cheating and plagiarism
Forgery and falsification	Sexual harassment
Blackmail and extortion	Prejudice and hate crimes
- Students shall take responsibility for helping to create a safe school environment on and offline by reporting bullying or cyber-bullying to a trusted District teacher or administrator. Cyber bullying is bullying through digital means such as via text, image, video, message, website post, social media activity, or other form of communication sent by an electronic device.
- Students shall produce original work and not misrepresent the work of others as their own.

**Above reference information taken from LAUSD BUL-6399.0**