

POSITIVE CONNECTIONS

News and Resources from South Community Prevention Services



HAPPY NEW YEAR!

Explore

We encourage you to explore tools and resources that will help support your child's mental health. *Acknowledge:* any concerns they have about their own emotions or a friend's reactions. *Care:* Show them how much you care by listening and taking their concerns seriously. *Tell:* Make yourself available as a safe person they can tell about big problems.



SOS Signs of Suicide Parent Portal

This portal is designed to provide parents and caregivers with information about our suicide prevention efforts and helpful tools for supporting your child's mental health. For new resources to support your child's mental health during Covid-19, click learn more and then Covid-19 resources at the top of the screen.

<https://sossignsof suicide.org/parent>

STAYING CONNECTED

Staying connected means feeling socially close to friends, peers, and family members. Even though you're not able to see your friends in person, there are still ways you can stay connected. Ideas include sending a text, talking on the phone, or video chatting.

What are three ways you will stay connected to your friends during this time?

- 1.
- 2.
- 3.

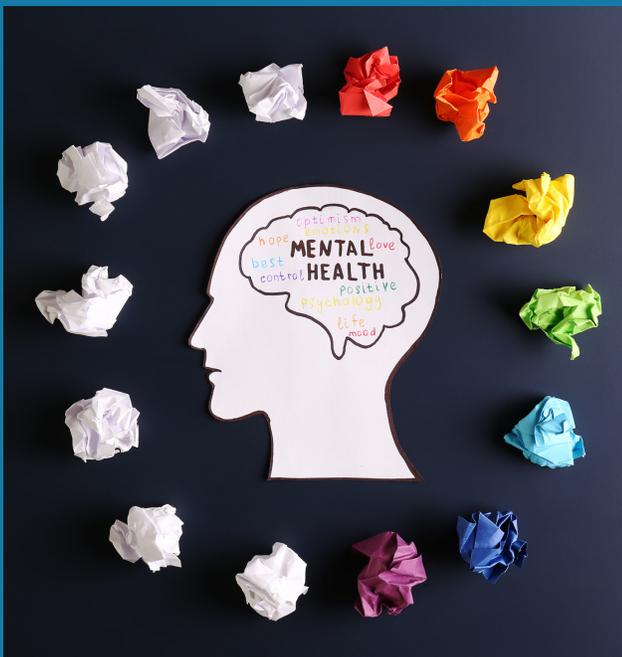
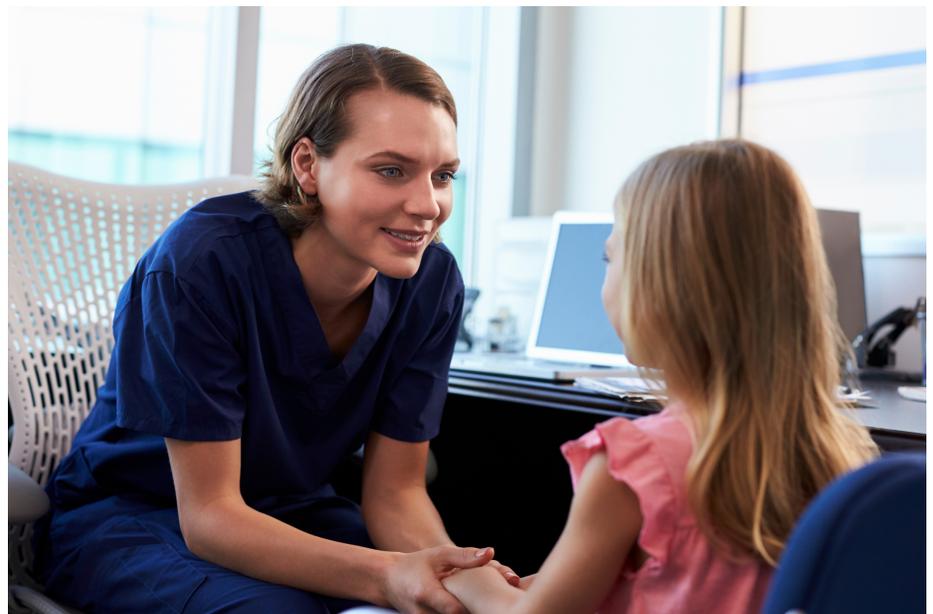
Emotionally Connect Partner Respond

By Danielle Zeisloft, via Work2BeWell

Times have been tough. We are all experiencing the COVID-19 pandemic in our own, valid, way. Remember, it is important to be an ally who is an active listener and validates what someone is confiding in you, especially if you are a parent or school staff. Direct questioning and providing space creates a safe environment for opening up an authentic dialogue.

Ask specific questions, like: "I feel like you've been acting differently. Are you okay?" How can you respond? Continue to make a meaningful connection with the person you are talking with, and never feel like the answer to the problem is on you to have. Reach out to a trusted adult, counselor, parent, or community member. We have provided a list of resources at the bottom of this newsletter.

Responding also means taking good care of you! These conversations can be difficult. They can impact us emotionally and physically. It is okay to talk to someone else about how you experienced a situation that you were a part of, while maintaining privacy, of course. We hope that you have your list of coping skills handy and have access to something that you enjoy to relax yourself (if not, see previous issues of *Positive Connections!*)



When You Need Support

- Call 911 in a life-threatening emergency
- Miami Valley Warmline 937-528-7777
- Crisis Text Line Text "4HOPE" to 741741
- Download the GetHelpNow app
- Log onto the SOS Parent Portal at <https://sossignsof suicide.org/parent>



For more information on Prevention Services:
cmahoney@southcommunity.com or 937-643-7068