

November Student Newsletter

International Survivors of Suicide Day (Nov. 23rd)!

Suicide is the second leading cause of death for people age 10-34...BUT it is preventable! So many people struggle with mental illness and it is left unrecognized and untreated. Here are warning signs to look out for to see if you or a friend may need help:

- Feelings of hopelessness or helplessness, extreme sadness, anxiety
- Increased alcohol/drug use, talking about/looking up things about death/dying
- Changes in personality/behavior/sleep/eating, loss of interest
- Statements like: "I wonder what it's like to die," "You'd be better off without me"
- Suicide attempts or being exposed to suicide/death of a peer
- Recent losses, overwhelming life changes, being bullied or physically/sexually abused

Coping Skills to Use if Struggling with Mental Illness:

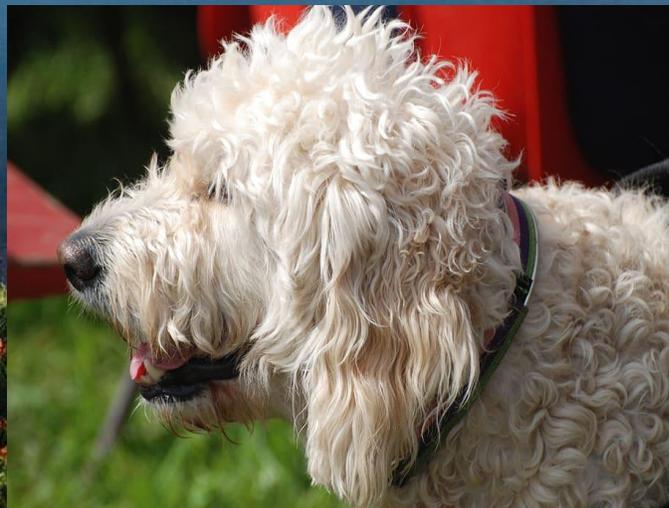
- **Take care of yourself:**
 - Eat healthy, well-balanced meals
 - Exercise on a regular basis
 - Get plenty of sleep
 - Give yourself a break if you feel stressed out
- **Talk to others**
- **Find an activity that you enjoy**
- **Avoid drugs and alcohol**
- **Make a safety plan**
- **Find a support group**

If you/someone you know is struggling with mental illness or thoughts of suicide...do not wait to get help! Reach out to Ms. Crean, Mrs. Jarosz or a trusted adult right away!

Low-Key Cops and a White Shaggy Dog

Marathon County, WIS is beginning to respond to residents in a mental health crisis with a mental health counselor accompanying a plain-clothes law enforcement officer - Alvin, a shaggy white therapy dog, also joins the team on many calls.

Since beginning this technique, "emergency detentions are down, people in crisis are getting the care they need - all while saving taxpayers a bundle" and building trust with the community.



Athletes Get Real About Mental Health

Michael Phelps, Hope Solo, Keyon Dooling, Joe Barksdale, Aly Raisman, Ronda Rousey, Serena Williams, and more professional athletes have opened up about their challenges with mental illness. Mental illness does not discriminate; even though these athletes are seeing success on the field, does not mean that they are immune from needing mental health supports. One in four collegiate athletes suffer from depression, which is comparable to the national average. Silby (2019) notes that “millennials are experiencing high rates of depression and anxiety, with some studies indicating this is due to high levels of perfectionism—a quality that most high achieving athletes possess,” she says. Greene (2019) mentions that fans have responded very positively to athletes’ confessions about their mental health challenges. “Everyone in our general population has someone they know who’s struggling with mental health in one way or another. Of course, letting down fans is an athlete’s biggest fear, but it’s been remarkable how that hasn’t been realized.”

