

Hi JHCS 5th & 6th Families,

As we continue through this world wide pandemic I love technology and the ability to be able to teach your children in the classroom. We are continuing talking about mental health and how to be mentally strong. I have included many links below for parents. I strongly encourage you to watch them. It is a short video that helps you as a parent help your child understand and be able to talk to your child about suicide. Unfortunately this is a subject you will have with your child soon if you have not already. Preparing yourself with the knowledge of how to guide that conversation will help you. Also, National Alliance on Mental Illness (NAMI) offers free classes to help parents that may be experiencing a child with mental illness.

In class we talked about the signs of depression, anxiety and suicide. We did not go into grave details but a list below are the signs and symptoms we discussed. In the parent resources below is a wealth of information that can help you as a parent have deeper and more detailed discussion as you see necessary with your child regarding anxiety, depression and suicide.

We talked about strategies to help self and others is there are signs of anxiety, depression and suicide. Having the tools to self-regulated will help your child feel empowered if they or someone they know is struggling with these difficult issues.

Thanks for being so wonderful,

Sam Grabert

Some Signs and Symptoms: **Anxiety**, **Depression** & **Suicide**

- **Having extreme fears**
- **Being extremely afraid about school, people or other places**
- **Having extreme fears about the future and that bad things are going to happen**
- **Frequent symptoms of heart pounding, trouble breathing, feeling dizzy, shaky or sweaty**
- **Feeling sad, hopeless and irritable most of the time**
- **Changes in sleeping and eating**
- **Difficulty paying attention**
- **Feelings of worthlessness or guilty**
- **Not wanting to enjoy or do fun things**
- **Talking about wanting to die**
- **Talking about feeling empty, hopeless and no reason to live**
- **Talking about feeling trapped or feeling like they have no solutions**
- **Withdrawing from family and friends**
- **Talking about being a burden to others**
- **Talking about death often**

Signs and symptoms information taught was taken from the Center for Disease Control and Prevention (CDC) and as it relates to Children's Mental Health and National Institute for Mental Health (NIH).

CDC & NIH Links:

<https://www.cdc.gov/childrensmentalhealth/depression.html>

https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml#part_153177

Parent Resources:

How to talk to your child about suicide

<https://www.youtube.com/watch?v=eN-cpfK3lx8>

Recognizing Teen Depression

<https://ufhealth.org/recognizing-teen-depression>

NPR- How to help a child struggling with anxiety

<https://www.npr.org/2019/10/23/772789491/how-to-help-a-child-struggling-with-anxiety>

Anxiety and Children - American Academy of Child & Adolescent Psychiatry

https://www.aacap.org//AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Anxious-Child-047.aspx

Depression in Children and Teens - American Academy of Child & Adolescent Psychiatry

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Depressed-Child-004.aspx

Suicide Prevention - National Institute of Mental Health

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

National Alliance on Mental Illness - below is a link for free NAMI classes. There is also a link for a video on what is taught in the classes by parents who are taking the class.

NAMI Program Information

<https://www.nami.org/Find-Support/NAMI-Programs>

NAMI Program Video

https://www.youtube.com/watch?v=k_AmuZ8vS0A

Why do we lose control of our emotions?

<https://www.youtube.com/watch?v=3bKuoH8CkFc>

Cookie Monster Practices Self-Regulation

https://www.youtube.com/watch?v=j0YDE8_jsHk

Teaching young children how the brain works

<https://www.youtube.com/watch?v=V0BYs-LN5bY>

The Human brain educational video for young children

<https://www.youtube.com/watch?v=1aCYsYSM1MA>

Brain-The captain brain body parts songs for children

https://www.youtube.com/watch?v=35VrDDP_ake

Why do we lose control of our emotions?

<https://www.youtube.com/watch?v=3bKuoH8CkFc>

Homeless Marine playing piano

<https://www.youtube.com/watch?v=PjYUODTUsvc>

Donald Gould -story

<https://www.youtube.com/watch?v=9tABgIZaMa8>

Donald Gould's son finds out he's alive

https://www.youtube.com/watch?v=IK_rpBSYU3w

Donald Gould meets his son

<https://www.youtube.com/watch?v=oBRhZERbUsY>

Be a Mr. Jensen

https://www.youtube.com/watch?v=4p5286T_kn0&t=8s

What makes you happy

<https://www.youtube.com/watch?v=1Y5R8K7OKSo>

Music Video - Justin Bieber: Life is worth Living

<https://www.youtube.com/watch?v=e934LuQIAeg>