



PREVENTION  
AND INTERVENTION TEAM

# PREVENTION AND INTERVENTION BULLETIN

A TRIANNUAL SUBSTANCE PREVENTION NEWSLETTER

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## WHAT'S INSIDE

How can educators  
help their students

Crisis Response  
Resources

Coalition Corner

## MAJOR CONCERNS AS A RESULT OF THE COVID-19 ON MENTAL HEALTH

- Fear and worry about own health and the health of your loved ones
- Financial Situation
- Loss of Support Services
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increase use of tobacco, and /or alcohol and other substances
- Elevated Stress
- Loneliness
- Fears of Domestic Violence

## HOW CAN EDUCATORS HELP THEIR STUDENTS?

- Recognize your own feelings first
- Create a sense of stability with flexibility
- Listen and validate honestly
- Encourage students to ask for help
- Set appropriate expectations
- Remind them they are not alone
- Use a personalized approach

### CRISIS RESPONSE RESOURCES

#### TEEN LINK

A CONFIDENTIAL HELP LINE FOR TEENS

1-866-833-6546

#### SUICIDE PREVENTION LIFELINE

1-800-273-TALK

#### CRISIS LINE

IMMEDIATE HELP FOR PEOPLE IN CRISIS

1-866-4CRISIS (1-866-427-4747)

#### WASHINGTON RECOVERY HELPLINE

1-866-789-1511

### COALITION CORNER

THE AUBURN PREVENTION COALITION ASKED AUBURN SCHOOL DISTRICT STUDENTS TO PARTICIPATE IN A MENTAL HEALTH AWARENESS CAMPAIGN. WE ARE SO IMPRESSED BY THE ART WORK OF OUR STUDENTS TO HELP END THE STIGMA REGARDING SEEKING HELP FOR MENTAL HEALTH. YOU CAN VIEW ALL OF THE SUBMISSIONS AT THE LINK BELOW. THE WINNING ART WORK, NUMBER 17, WILL BE MADE INTO A POSTCARD THAT IS MAILED TO EVERY FAMILY IN THE AUBURN SCHOOL DISTRICT.

MENTAL HEALTH ARTWORK

