



A Girl Like Her

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The Glen Rock Wellness Center

- What is a school Wellness Center?
 - Therapeutic space for all Glen Rock Students
- Who is located in the Wellness Center?
 - Both the Student Assistance Counselor and Wellness Counselors
- What service do we provide?
 - Counseling Services
 - Wellness activities/Programs
 - Help with outside resources for students and parents

Warning Signs - Bullying

- Not wanting to attend school/decline in grades
- Decrease in self-esteem
- Lack of motivation, feeling helpless
- Difficulty sleeping
- Loss of friends or avoiding social situations

Warning Signs - Mental Health Challenges

- Change in behaviors, moods, sleep, appetite, etc.
- Expressing feelings of sadness, hopelessness, or worthless
- Irritability or restlessness
- Loss of interest in things they used to enjoy
- Risky behavior including abuse of substances
- Lack of interest in future plans
- Excessive worry or fear that impact their normal daily routine
- Changes in school performance
- Lack of hygiene or care of personal appearance
- Isolation
- Talking about dying

Parental Role With Mental Health

- Talk about mental health openly and model healthy behaviors.
 - Listen intently & without judgement.
 - Ask open-ended questions.
 - Resist urge to offer solutions & quick fixes.
 - Validate & support their feelings.
 - Leave invitation to talk open.
- Check-in with your child regularly on a deeper conversational level.
- If your child has a history of mental health and/or substance abuse challenges - monitor them more closely and consider seeking professional help.
- Pay attention to changes in behaviors and/or moods - trust your instincts!

How to Report

- **Bullying**
 - Encourage your child to talk to their school counselor
 - You can report your concerns to your child's school counselor or administrator
 - Anonymous HIB form on school website
- **Mental Health**
 - Talk to your child's pediatrician about your concerns
 - Consult with mental health clinician
 - If school related, speak with your child's school counselor

The Movie

- While this movie is not a true story, it is based on a million true stories
- It was created for this audience for this purpose - to spread awareness and spark discussion
- This movie is a fictionalized worst case scenario - not all bullying ends this way

Resources

- PerformCare 1-877-652-7624
- CarePlus Crisis Response Service 204 262-4357
- National Suicide Prevention Lifeline at 1-800-273-8255 (chat also available on their website) <https://suicidepreventionlifeline.org/chat/>
- Crisis Text Line by texting "HOME" to 741741
- 2nd Floor Youth Helpline 888-222-2228 (call or text)

Questions?