

Mental Health Crisis Warning Signs and Resources

Crete-Monee School District 2020

For immediate help, dial 911.

Will County Health Department

815-727-8670

501 Ella Ave, Joliet

[Will County Behavioral Health](#)

Aunt Martha's Health & Wellness

708-747-7312

1536 Vincennes Ave, Chicago Heights

[Aunt Martha's Health & Wellness](#)

Iroquois Mental Health Center

815-432-5241

25711 Egyptian Trail, Monee

[Iroquois Memorial Mental Health](#)

New Choice Intervention, Inc

708-566-1768

142 East 154th Street, Harvey

[New Choice Intervention](#)

Screening, Assessment and Support Services (SASS)

CARES line: 1-800-345-9049

Call 4 Calm emotional support line

Text 'TALK' or 'HABLAR' to: 552020

National Suicide Prevention Lifeline

1-800-273-8255

Crisis Warning Signs

Inability to perform daily tasks: grooming, bathing, dressing, etc

Rapid mood swings: increased energy level, inability to stay still, pacing, suddenly depressed, withdrawn; suddenly happy or calm after a period of depression

Increased agitation: verbal threats, violent or out of control behavior, destroying property

Abusive Behavior to self or others: verbally or physically abusive, substance use, self harm

Isolation: does not leave room for long periods of time, avoiding school work, family time, connecting with others

Loses touch with Reality: confused, strange ideas, unable to recognize familiar people, hearing or seeing things that are not there, difficulty understanding what others are saying

Paranoia: suspicion or mistrust of others or their actions without justification or evidence

Suicide Warning Signs

- Changes in personality, mood or behavior
- Preoccupation with death
- Increased drug or alcohol use
- Stockpiling pills, trying to obtain a weapon
- Recent failed romantic relationships
- Sense of helplessness or worthlessness
- Saying things like, “nothing matters anymore” or “you’re better off without me”
- History of attempts or self-harming behaviors

How to Protect Kids' Mental Health During the Pandemic

Feeling anxious is a natural reaction to having your whole life turned upside down for an undetermined period of time. You can set the emotional tone in your home and talk to your children about social media. Here are ideas that can help:

Create new routines that provide a sense of stability. Schedule regular time with family. Let your children pick ideas and help plan them.

Acknowledge loss of important milestones. Children are missing out on many occasions they were excited about, from graduation ceremonies to birthday parties. Reassure them that this will end at some point and there may be other ways to celebrate at a later date. Put a date on the calendar for something to look forward to in the future.

Tell children how you feel, and ask how they're doing. Talk to your children about how you feel. This gives them permission to identify and express emotions. Listen actively. It's natural to want to make your child feel better, but it's important to just **hear** them. Say, "You feel sad. I understand."

Look for positives. There may not be a silver lining to every cloud, but try to think positive.

Encourage discussion. Children will probably pick up a lot of information and misinformation. Ask, "Have you heard anything on the news today?," "What did you hear?," and "What do you think about it?" If the information seems doubtful say, "Let's verify that by checking other sources."

Just ... be. Honestly, all your children really need from you right now is to be their parent. Emotional support goes a really long way toward helping children feel safe, secure, and loved. School, friends, good news—it'll all come back in time.

<https://www.common sense media.org/blog/how-to-protect-kids-mental-health-during-the-pandemic>