

WSA

Treatment Resource Packet



Photo by: Anna Samoylova

Well-being Safety Assessments, LLC
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Hello,

If you are reading this informational packet, it is our guess you or someone you love is needing treatment or at least considering it. It requires a great deal of courage to first recognize there is a problem and second, to seek out professional resources and for that we commend you!

This packet is divided into 5 sections:

- Anger Management
- Suicide Prevention
- Emotional Illness
- Child Abuse/Neglect
- Substance Abuse

Under each section you will find what the topic is, a definition of the topic, the signs and symptoms of the topic, and treatment information. Also included are hotline numbers, informational websites, helpful articles and specific local and national resources.

WSA is not affiliated with any of the professional resources offered. WSA does offer online classes in the specific subject areas for students, parents, and educational staff as well as a webpage for easy linking to the information.

WSA attempts to provide current and up to date information to assist every student and their family. If you find a referral source is not helpful please let us know.

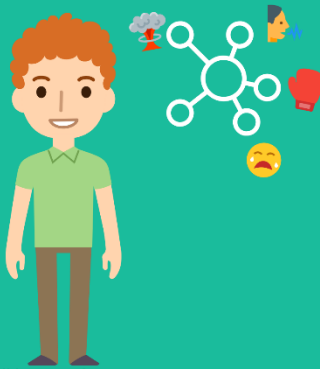
If you have any questions or comments, please do not hesitate to contact us.

Well-being Safety Assessments, LLC

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EVERYTHING YOU NEED TO KNOW

ABOUT Anger Management



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What is Anger?

Anger is a basic human emotion. It is connected to the "fight, flight or freeze" response. Anger doesn't have to be a bad thing. It can often motivate us toward a change in behavior.



When is treatment necessary for Anger?

Anger is out of control when it causes self-harm or develops into hostile, aggressive or violent behavior toward others. When anger begins to disrupt relationships with others, treatment may be warranted.



Anger/Violence Hotlines

Emergency Situations 911
Safehorizon 1-800-621-4673
National Domestic Violence Hotline 1-800-799-7233

Crisis Text Line : Text "CONNECT" to 741741
National Suicide Prevention Hotline 1-800-273-8255



Symptoms of Anger

Anger looks different for everybody but can include: Clenching of the jaw, increased heart rate, feeling hot, shaking or trembling, cursing, talking rapidly and being violent.



Steps to Managing Anger

Deep Breathing: By breathing deeply from your diaphragm and focusing on changing the angry thoughts into positive self-talk, anger can diminish. Avoiding alcohol/drugs and seeking support from others are also good ideas.



Resources

State Website and Hotline for Anger Issues
http://feminist.org/911/crisis_state.html
Prevent Child Abuse America
<http://preventchildabuse.org>
National Anger Management Association Directory
<https://nama.memberclicks.net>
Anger Management Student Classes (online)
www.well-beingsafetyassessments.com/wsa-classes

Anger Management

Resources for Students with Anger/Violence Issues

Hotlines

Emergency Situations: 911

SafeHorizon: 1-800-621-4673

National Domestic Violence Hotline: 1-800-799-7233

Crisis Text Line: Text "Connect" to 741741

National Suicide Prevention Hotline: 1-800-273-8255

Informational Websites

Prevent Child Abuse America www.preventchildabuse.org

National Anger Management Assoc. Directory www.nama.membershipclicks.net

National Domestic Violence Hotline <https://www.thehotline.org>

Articles

8 Ways to Teach Teens Anger Management Skills <https://www.verywellfamily.com/teach-teens-anger-management-skills-2609114>

Dealing with Anger <https://kidshealth.org/en/teens/deal-with-anger.html#catfeelings>

Help for Parents of Troubled Teens <https://www.helpguide.org/articles/parenting-family/helping-troubled-teens.htm>

Ways to help your teen manage anger <https://elkrivertreatment.com/blog/anger-management-techniques-for-teens/>

Classes

Anger Management Online Classes www.well-beingsafetyassessments.com/wsa-classes

EVERYTHING YOU NEED TO KNOW

ABOUT Depression and Suicide Prevention



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What is Depression?

Depression is more than just feeling sad. It is a serious condition affecting your mental and physical health and can last for weeks, months or even years.



When is treatment necessary for Depression?

Depression can escalate to the point where a person is considering hurting themselves or taking their own life. If you or someone you know is experiencing thoughts of self-harm, professional help should be sought immediately.



Depression/Suicide Prevention Hotlines

Emergency Situations 911

Crisis Text Line : Text "CONNECT" to 741741
National Suicide Prevention Hotline 1-800-273-8255
TREVOR PROJECT (LGBTQ Issues) 1-866-488-7386



Symptoms of Depression

Depression is a persistent feeling of sadness, loss of interest in activities you once enjoyed. Depression can also include changes in sleep, appetite or energy levels.



Steps to Managing Depression

If you feel like you or someone you know is experiencing Depression, take the time to learn more about it. There may be an underlying medical issue causing the symptoms. Seeking treatment from professionals is the key to better understanding this condition.



Resources

Suicide Prevention Lifeline
<http://suicidepreventionlifeline.org>
Society for the Prevention of Teen Suicide
<https://www.sptsusa.org>
Suicide Prevention Resource Center
<https://www.sprc.org/>
Suicide Prevention Student Classes (online)
www.well-beingsafetyassessments.com/wsa-classes

Depression/Suicide Prevention

Resources for Students with Depression

Hotlines

Emergency Situations: 911

Crisis Text Line: Text "Connect" to 741741

National Suicide Prevention Hotline: 1-800-273-8255

TREVOR Project (LGBTQ Issues) 1-866-488-7386

Teens helping Teens Text "TEEN" to 839863

Informational Websites

Suicide Prevention Lifeline www.suicidepreventionlifeline.org

Society for the Prevention of Teen Suicide www.sptsusa.org

Suicide Prevention Resource Center www.sprc.org

Mental Health Government Website www.mentalhealth.gov

Articles

Help for Parents of Troubled Teens <https://www.helpguide.org/articles/parenting-family/helping-troubled-teens.htm>

It gets better (LGBTQ Issues) <https://itgetsbetter.org/stories/>

Talking to Teens about Suicide Prevention <https://www.apa.org/helpcenter/suicide-talking-teens.pdf>

Talking to kids about Suicide <http://www.sptsusa.org/parents/talking-to-your-kid-about-suicide/>

Classes

Suicide Prevention Online Classes www.well-beingsafetyassessments.com/wsa-classes

EVERYTHING YOU NEED TO KNOW

ABOUT Emotional Illness



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What is Emotional Illness

Emotional illness is a disorder characterized by irrational and uncontrollable fears, anxiety and hostility.



When is treatment necessary for Emotional Illness?

If left untreated, emotional illness may get worse. If you are someone you know is experiencing signs and symptoms of emotional illness reach out to your primary care doctor and explain what is happening. By working together, you and your doctor can develop a treatment plan.



Emotional Illness Hotlines

Emergency Situations 911
National Alliance on Mental Health 1-800-950-NAMI (6264)
Crisis Text Line : Text "NAMI" to 741741
SAMHSA Treatment Referral Helpline, 1-877-SAMHSA7
(1-877-726-4727)
National Institute of Mental Health – Call (866) 615-6464



Symptoms of Emotional Illness

Individuals may experience sleeping problems, weight loss, unexplained physical complaints, decline in academic performance, compulsive behaviors, distorted thinking, hallucinations, delusions and sudden personality changes.



Steps to having good emotional health

Good Emotional Health starts with taking care of yourself emotionally and psychologically and acknowledging when there is a problem. Getting regular physical exercise, maintaining a balance at school, work and home and knowing when to say no is important for good emotional health.



Resources

Remedy Live
<https://www.remedylive.com/>
National Alliance on Mental Illness
<https://www.nami.org/Find-Support>
Resources to Recovery: A website for families
<https://www.rtor.org>
Emotional Health Classes (online)
www.well-beingsafetyassessments.com/wsa-classes

Emotional Illness

Resources for Students with Emotion Illness

Hotlines

Emergency Situations: 911

National Alliance on Mental Health 1-800-950-6264

Crisis Text Line: Text "NAMI" to 741741

SAMHSA Treatment Referral Helpline 1-877-SAMHSA7

National Institute of Mental Health 1-866-615-6464

Informational Websites

RemedyLive www.remedylive.com

National Alliance on Mental Health www.nami.org/Find-Support

Resources to Recovery: A website for families www.rtor.org

Articles

Anxiety and Depression in Children <https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html>

Eating and Body Image <https://childmind.org/topics/concerns/eating-and-body-image/>

Confidence and Self-esteem <https://childmind.org/topics/concerns/confidence-self-esteem/>

Smarter Parenting-Lessons on Mental Health <https://www.smarterparenting.com>

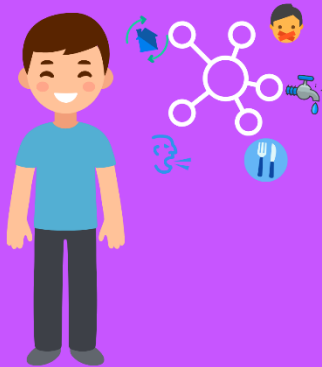
8 Million kids with Mental Health Issues <https://www.webmd.com/mental-health/news/20190211/nearly-8-million-us-kids-have-mental-issues>

Classes

Emotional Health Online Classes www.well-beingsafetyassessments.com/wsa-classes

EVERYTHING YOU NEED TO KNOW

ABOUT
Child Abuse/Neglect



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What is Child Abuse/Neglect?

The federal laws define child abuse/neglect as any recent act or failure to act on the part of a parent or caretaker which causes death, serious physical or emotional harm, sexual exploitation or an act or failure which causes imminent risk of harm.



If Child Abuse/Neglect is suspected, what should I do?

If you suspect abuse/neglect of a child, you should report it immediately. Call or text Childhelp-Child Abuse and Neglect National Hotline at 1-800-422-4453. There are crisis workers to take reports 24/7.



Child Abuse/Neglect Hotlines

Emergency Situations: 911
Childhelp: National Child Abuse/Neglect Hotline
1-800-422-4453
National Domestic Violence Hotline
1-800-799-7233
National Parent Helpline
855-4APARENT (855-427-2736)



Symptoms of Child abuse/Neglect

Children suffering with abuse/neglect may display these symptoms: sudden change in academic performance or behavior, overly compliant/passive, watchful/waiting for something bad to happen, unexplained injuries, overly sexual, comes to school in dirty clothing, hurts pets and animals, regularly without adult supervision or discloses abuse/neglect.



Who can report Child Abuse/Neglect?

Anyone can call and report child abuse/neglect if they suspect it. Reporting abuse/neglect can save a child's life and get the needed help for their family. Crisis workers will take the information and determine if it is an actual report.



Resources

Childhelp
<https://www.childwelfare.gov/>
Darkness to Light: Child Sexual Abuse
<https://www.d2l.org/>
The National Domestic Violence Hotline
<https://www.thehotline.org/>
Child Abuse/Neglect Classes (online)
www.well-beingsafetyassessments.com/wsa-classes

Child Abuse/Neglect

Resources for Students dealing with Child Abuse/Neglect

Hotlines

Emergency Situations: 911

ChildHelp-National Child Abuse and Neglect Hotline 1-800-422-4453

National Domestic Violence Hotline 1-800-799-7233

National Parent Helpline 1-855-4APARENT (855-427-2736)

Informational Websites

Child Help www.childwelfare.gov

Darkness to Light: Child Sexual Abuse www.d2l.org

The National Domestic Violence Hotline www.thehotline.org

Articles

Recognizing the Sign and Symptoms of Child Abuse

<https://www.childwelfare.gov/pubs/factsheets/whatiscan/>

How can you help someone being abused? <https://www.childwelfare.gov/pubs/kids-tipsheet/>

What are the state statutes on Child Abuse <https://www.childwelfare.gov/topics/systemwide/laws-policies/statutes/define/>

What to know about child abuse <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/What-to-Know-about-Child-Abuse.aspx>

Classes

Parenting Online Classes www.well-beingsafetyassessments.com/wsa-classes

EVERYTHING YOU NEED TO KNOW

ABOUT
Substance Abuse



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What is Substance Abuse?

Substance Abuse is a disease that affects the person's brain and behavior. It leads to a pattern of repeated drug or alcohol use that interferes with daily life, health, work and/or social relationships.



Symptoms of Substance Abuse

Symptoms of substance abuse can vary. Behavioral changes, hallucinations, muscle cramps, paranoia, dilated pupils, chills, sweating, loneliness, guilt, blackouts, dizziness, cravings, aggression, lack of restraint, nausea, vomiting, slurred speech, self-destructive behavior and much more.



If Substance Abuse is suspected, what should I do?

If you suspect you or someone you know is addicted to a substance contact SMHSA-Substance Abuse Mental Health Services Administration at 1-800-662-HELP (4357).

This national helpline is free, confidential, and open 24/7. It provides local referral information.



Substance Abuse Hotlines

Emergency Situations 911
Substance Abuse Mental Health Services Administration
1-800-662-4357
Addiction Center
1-855-602-6100
Lines for Life
1-800-273-8255 or Text (273TALK) to 839863



Who can report Substance Abuse?

If you are concerned about yourself or someone else abusing drugs or alcohol, please contact SMHSA for assistance. Students under the age of 21 should not be using illegal substances. Their brain has not fully developed and it can lead to long-term negative effects.



Resources

Addiction Education Society
<https://addictioneducationociety.org>
Partnership for Drug-Free Kids
<https://drugfree.org/landing-page/get-help-support/>
Substance Abuse Mental Health Services Admin
<https://www.samhsa.gov/programs>
Substance Abuse Classes (online)
www.well-beingsafetyassessments.com/wsa-classes

Substance Abuse

Resources for Students dealing with Substance Abuse

Hotlines

Emergency Situations: 911

Substance Abuse Mental Health Services Administration 1-800-662-4357

Addiction Center 1-855-602-6100

Lines for Life 1-800-273-8255

Lines for Life Text "273TALK" to 839863

National Parent Helpline 1-855-4APARENT (855-427-2736)

Informational Websites

Addiction Education Society www.addictioneducationociety.org

Partnership for Drug Free kids www.drugfree.org/landing-page/get-help-support/

Substance Abuse Mental Health Services Administration www.samhsa.gov/programs

Center for Disease Control and Prevention <https://www.cdc.gov/features/teen-substance-use/index.html>

Articles

Teen Drug Abuse Facts https://www.medicinenet.com/teen_drug_abuse/article.htm

10 Articles Drug Abuse Fact Week

<https://www.healio.com/psychiatry/addiction/news/online/%7B7ec8223e-f435-4f4d-9ddf-a61efef561b9%7D/10-articles-to-kick-off-national-drug-and-alcohol-facts-week>

Teenage Drug Abuse and Addiction <https://www.addictioncenter.com/teenage-drug-abuse/>

Classes

Substance Abuse Online Classes www.well-beingsafetyassessments.com/wsa-classes