

Welcome to the August 2022 Prevention Post: Time to Head Back to School

Heading back to school can be a stressful time of year for families with young people, especially given the uncertain nature of what school has looked like over the last couple years. In fact, it isn't unusual for students to feel anxious, excited, and overwhelmed about all of the changes that come with starting school again. With some simple stress management techniques from the American Institute of Stress, getting ready for the school year can feel as doable as ever:

- Talk to your student about their stress
- Discuss homework together
- Create a routine
- Understand back-to-school rules
- Allow your student some free time
- Assign chores as part of their routine
- Practice a nightly routine before school starts
- Plan back-to-school shopping
- Keep things and spaces organized
- Practice daily gratitude

We also want to remind all Coloradans that 988 is now the new number for the Suicide and Crisis Lifeline as both a call and text number. However, the Colorado-specific number, 1-844-493-8255, and the original National Suicide Lifeline number, 1-800-273-8255, are still active and available for use while 988 is wrapping up some final logistics. Please call any of those numbers or text HOME to 741741 if you or someone you know needs to talk to someone. You don't have to be in a suicidal crisis to call and get some help.

(STRESS.ORG)

<https://www.stress.org/15-ways-to-beat-back-to-school-stress>

(CHILDMIND.ORG)

<https://childmind.org/article/teenagers-and-back-to-school-stress/>

(9NEWS.COM)

<https://www.9news.com/news/health/mental-health/988-suicide-crisis-hotline-concerns/73-268cd633-b126-417e-a9c0-576da8d6b976>

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support. There is Hope. Just call or text 988 or chat 988lifeline.org #988Lifeline



988
SUICIDE & CRISIS
LIFELINE

There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

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