



SEPTEMBER

Counselor's Corner

Talented and Gifted for Young Scholars

September is in full swing, and the school year is officially underway. This month, we'll be focusing on fostering a supportive school community. I'm excited to see our students settling into their routines!

Upcoming Dates:

- **September 21:** District 4 Welcome Event. Details will be provided separately.
- **October 1st:** High School application opens
- **October 1st:** 8th grade Parent Town Hall

Wellness Tips:

Healthy Habits

- **Organize:** Key to reducing stress and staying on top of schoolwork. Stay organized by setting up a dedicated study space, using a planner, and breaking down assignments into manageable tasks. These simple steps can make a big difference!
- **Start a routine:** Establish a set bedtime before school starts to readjust to the school year wake up time. Create a routine for the morning rush to school. Develop an after-school routine.
- **Healthy Eating:** Start the day with a good breakfast. Pack healthy lunch and snacks. Breakfast and Lunch will always be an option during the time of school.

Let's Connect:

School Counselor:

Ms. Burgos, eburgos11@schools.nyc.gov / Room 109

Ms. Y, myrigoyen@schools.nyc.gov / Room 225

Community Coordinator/Intervention Specialist:

Mrs. Erica Arias-Vidal, earias@schools.nyc.gov / Room 203



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National Suicide Prevention Month

Suicide Warning Signs for Youth

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - withdrawal from or changing social connections/situations
 - changes in sleep (increased or decreased)
 - anger or hostility that seems out of character or out of context
 - recent increased agitation or irritability.

Mental Health Crisis Resources

988 Suicide & Crisis Lifeline

Call or Text

Chat via [988lifeline.org](https://www.988lifeline.org)

The National Mental Health Hotline

Call 1-866-903-3787

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Why is Suicide Prevention Month is so Important?

- **It promotes awareness**

Many people find the topic of suicide daunting, scary or uncomfortable. Recognizing the warning signs & raising awareness of others' experiences can increase empathy & combats the "surprise" that many survivors feel after losing others to suicide.

- **It starts a dialogue**

By normalizing the discussion of mental health issues, we reduce the stigma & barriers of asking each other for help when we are feeling vulnerable.

- **It initiates change**

The willing to discuss mental health issues opens the door for others who might be struggling with thoughts of harming themselves.

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How you can Support Someone who is feeling Suicidal?

You may not feel comfortable speaking with someone who is suicidal or is having suicidal thoughts and that is OKAY! You may not know what to say but letting them know how much you love and care about them is a good start.

It could help to:

- empathize with them (e.g. I can't imagine how difficult this is for you, but I would like to try to understand).
- be nonjudgmental; try not to criticize or blame them
- TELL a trusted adult or mental health professional
- support them in seeking mental health services
- reassure them that they will not feel this way forever

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Suicide Prevention Tips

- Recognize the warning signs and take them seriously.
- Be a good listener.
- Speak up if you are worried. Tell a trusted adult or someone else about your concerns.
- Don't be afraid to ask about self harm or if they're having suicidal thoughts.
- If they are in danger, DO NOT leave them alone.
- Encourage them to see a mental health professional.



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