

2020 has been a tough year for everyone. Mental health ebbs and flows depending on the season, situation, and circumstances. There is no doubt that depression and anxiety are on the rise this year, especially in teenagers.

Caregivers, listed are some signs to look out for that may indicate your student is experiencing anxiety and/or depression:

Displays of sadness or hopelessness	Irritability, anger, or hostility	Tearfulness or frequent crying
Withdrawal from family and friends	Loss of interest in activities	Poor School Performance or Lack of Engagement
Changes in eating and sleeping habits	Restlessness and agitation	Feelings of Worthlessness and Guilt
Lack of enthusiasm and motivation	Fatigue or lack of energy	Difficulty Concentrating
Unexplained aches and pains (somatic complaints)	Thoughts/mentions of death or suicide	Incidences of self-injury

We want our Raider students and families to remember: **YOU ARE NOT ALONE!**

It is OK to *not* be OK.

It is *not* OK to suffer silently.

It is *not* OK to feel unsafe.

It is OK to ask for help if you need it.

If you or someone you know is:

- *a danger to him/herself, having thoughts of wanting life to end*
- *a danger to others*
- *being hurt by someone, stuck in an abusive or neglectful situation*

We want our students and families to know that there are a number of supportive resources that can be accessed in the community over the holiday break. You are not alone.

Suicide Support Resources:

Colorado Crisis Services Text TALK to 38255 or call 1-844-493-TALK

Bennett High School Counseling Page

<https://sites.google.com/view/bennett-counseling/social-emotional-resources/mental-health-resources>

