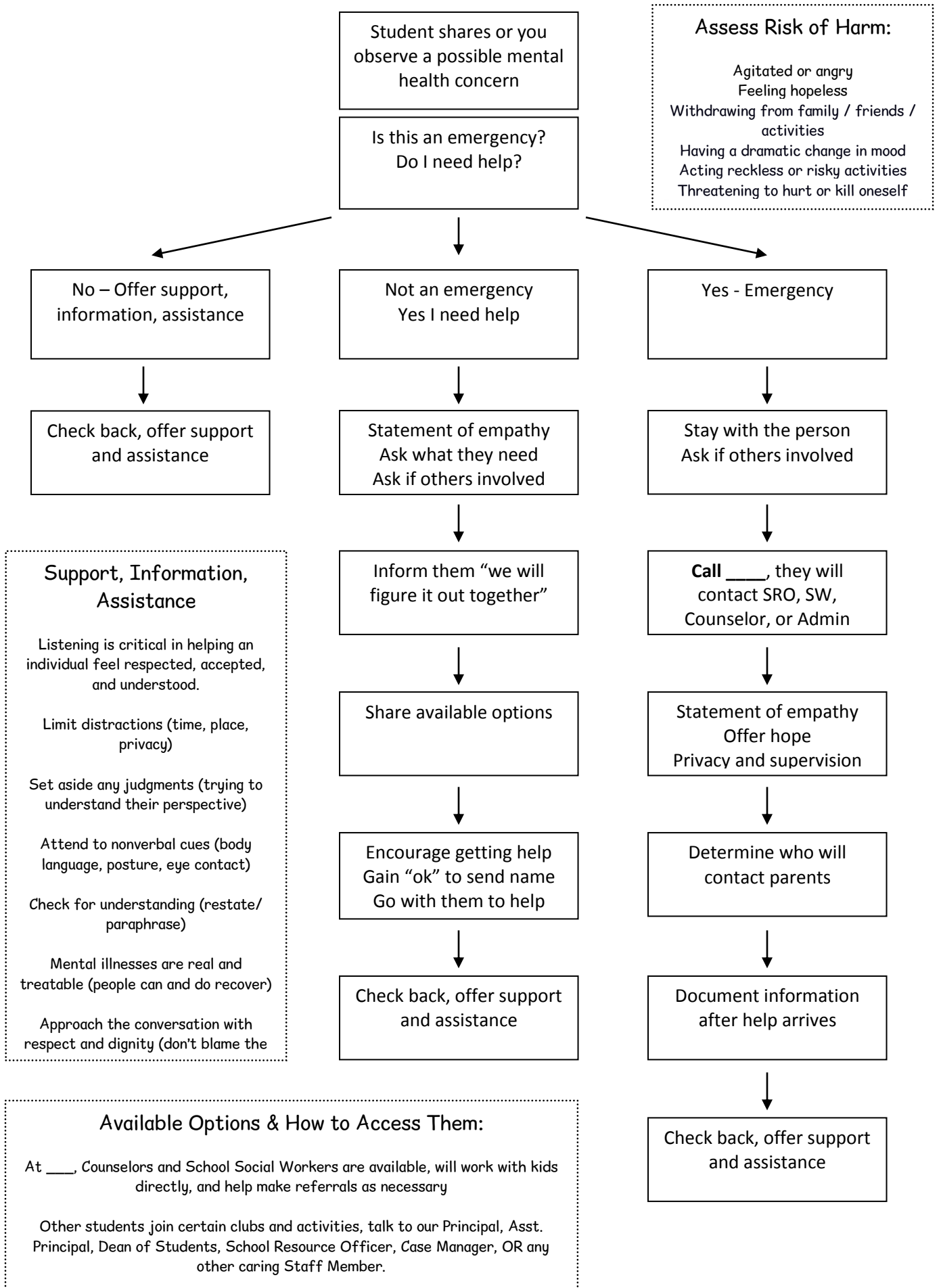


Mental Health Flowchart ~ _____ Public Schools



Assess Risk of Harm:

- Agitated or angry
- Feeling hopeless
- Withdrawing from family / friends / activities
- Having a dramatic change in mood
- Acting reckless or risky activities
- Threatening to hurt or kill oneself

No – Offer support, information, assistance

Check back, offer support and assistance

Support, Information, Assistance

Listening is critical in helping an individual feel respected, accepted, and understood.

Limit distractions (time, place, privacy)

Set aside any judgments (trying to understand their perspective)

Attend to nonverbal cues (body language, posture, eye contact)

Check for understanding (restate/paraphrase)

Mental illnesses are real and treatable (people can and do recover)

Approach the conversation with respect and dignity (don't blame the

Student shares or you observe a possible mental health concern

Is this an emergency? Do I need help?

No – Offer support, information, assistance

Not an emergency Yes I need help

Yes - Emergency

Statement of empathy Ask what they need Ask if others involved

Inform them “we will figure it out together”

Share available options

Encourage getting help Gain “ok” to send name Go with them to help

Check back, offer support and assistance

Stay with the person Ask if others involved

Call ____, they will contact SRO, SW, Counselor, or Admin

Statement of empathy Offer hope Privacy and supervision

Determine who will contact parents

Document information after help arrives

Check back, offer support and assistance

Available Options & How to Access Them:

At ____, Counselors and School Social Workers are available, will work with kids directly, and help make referrals as necessary

Other students join certain clubs and activities, talk to our Principal, Asst. Principal, Dean of Students, School Resource Officer, Case Manager, OR any other caring Staff Member.