

Strategies to Stay Emotionally and Physically Safe

Presented by the Counseling and Student Services Team

Dear Parents/Guardians,

Today, we made a visit into your child's class to teach strategies and skills to help your student remain emotionally and physically safe. In our lesson, we talked about recognizing concerning emotions/feelings/behaviors, problem solving skills, and how and when to seek help for yourself or a friend from a parent or trusted adult. We supported our learning through discussion and identifying helpful resources at home, school, and in the community.

A school to home connection is important to continue learning and reinforcing the lesson's messages. For more information, view the parent presentation [here](#). Please talk to your child and continue the conversation, teach, and practice acceptance and care for self and others.

If you have any questions or comments, please do not hesitate to contact me at emsimpson@wcpss.net or 919-694-8222 ext 28000

Best regards,
Emily Simpson
SAP Counselor
Green Level High School

Resources	Discussion Topics
<p>Resources to help support your student</p> <ul style="list-style-type: none">★ <i>If an emergency call 911</i>★ <i>National Suicide Prevention Lifeline 1-800-273-TALK</i>★ <i>Crisis Text Line by texting 'TALK' to 741741</i>★ <i>Alliance Access staff 24/7 1-800-510-9132</i>★ <i>Contact the schools counseling office</i>★ <i>Pediatrician's office</i> <p>https://www.wcpss.net/suicideprevention</p>	<p>Talk about feelings:</p> <ul style="list-style-type: none">★ Discuss what coping strategy they use to calm down before solving a problem.★ Discuss what coping strategies they use for reducing stress.★ Discuss ways to create a balanced life.★ Encourage your child to talk to you if they are worried about themselves or a friend being unsafe emotionally or physically.