**Mental Health Crisis During**

**Distance Learning Check-Ins**

This guide may be used during check-ins with students and families who are struggling during distance learning.

**Possible Warning Signs:**

* Talks about threatening suicide
* Makes statements such as “I want this to all end” or I can’t go on anymore”
* Significant confusion
* Behavior is bizarre, alarming, and/or dangerous
* Makes statements about hurting or killing others
* Appears/reports hopelessness or helplessness
* Appears depressed (frequent crying, not sleeping, oversleeping, weight loss/gain, loss of pleasure)
* Engagement in self-harming (e.g., cutting)

**Do you believe the student is in imminent danger?**

***Reminder: If you hear or learn of any abuse or neglect during your check in’s with students, you are mandated by law to report it. Please contact your SEL staff with any questions.***

**YES**

**NO**

**Community Mental Health Resources:**

Woodland Centers Crisis Hotline: 1-800-432-8781 24 Hour Crisis Text-Line: Text 741741

Western Mental Health Crisis Hotline: 1-800-658-2429 Find more local resources by calling United Way 2-1-1

**Examples *may* include:**

* Student may be crying, expressing they’re sad, but no plan to harm themselves.
* Student states they are feeing lonely and have no one to talk to.
* Student has been fighting with parents
* Student is struggling with basic needs (enough food, etc.).
* Ask questions
* Listen to the student and be supportive
* Provide community resources
* Inform SEL staff and Case Manager as soon as possible
* Call 9-1-1 immediately
* Call your Site Administrator as soon as possible
* Notify SEL staff and Case Manager

**NO**

**YES**

**Note: If at any point you believe the student’s “Imminent Danger” status has changed, return to top and follow the steps**

* Has the student made comments about hurting themselves or others?
* Do they have a plan?
* Do they have access to weapons in the home?