

Bullying: What Does It Look Like?

These are some of the experiences that are signs that a child may be a victim of bullying:

- Name Calling
- Hitting, kicking, pinching, tripping, shoving
- Stealing/Breaking someone's things
- Intimidation
- Mean/False Emails
- Mean Text Messages
- Teasing
- Threats
- Spreading Rumors
- Harassment
- Put-downs
- Embarrassment
- Leaving someone out

Important Contact Numbers

(24 hours a day, seven days a week)

National Suicide Prevention Lifeline
(800)273-8255

Crisis Center Hotline
(205)323-7777

Crisis Text Line
Text HOME to 741741

Your Life Matters Mental Health Facility, Inc.
(205)632-2634

Sponsored by:



722 Memorial Drive, Bessemer, AL 35022
(205)224-5400
www.yourlifemattersmhf.org

**In conjunction with Greene County Schools
At-Risk Coordinator, Dr. Shayla McCray**

**Peter J. Kirksey Building (Old Career Center)
Eutaw, AL 35462**

A CHILD'S STATE OF MIND

*An informative brochure
about mental illness, bullying
and suicide prevention.*



Most Common Mental Illnesses Amongst Children

Anxiety Disorders (*OCD-obsessive-compulsive disorder, PTSD-post-traumatic stress disorder, Social Phobia, Generalized Anxiety Disorder*)-Children experience persistent anxiety which interferes with daily activities. If worry and/or stress makes it hard for a child to function, there could be an underlying anxiety disorder.

Attention Deficit Hyperactivity Disorder (ADHD)-Typically includes symptoms such as difficulty paying attention, hyperactivity and impulsivity. Children may have symptoms in all of those categories, whereas some may only exhibit one symptom.

Autism Spectrum Disorder (ASD)-A serious developmental disorder that appears in early childhood, usually before age 3. Symptoms vary, however, ASD affects a child's ability to communicate and interact with others.

Eating Disorders (*Anorexia, Bulimia, Binge-Eating*)-Children become preoccupied with food and weight until there's little focus on anything else. This is a serious, life-threatening condition.

Mood Disorders (*bipolar disorder or depression*)-causes children to feel persistent feelings of sadness or extreme mood swings, much more severe than typical mood swings.

Oppositional Defiance Disorder (ODD)- frequent and persistent pattern of anger, irritability, arguing, defiance or vindictiveness toward you and other authority figures.

Schizophrenia-Causes children to lose touch with reality. Schizophrenia typically does not appear until the late teens or early 20's.

Suicide Warning Signs *

Most suicidal youth demonstrate observable behaviors that signal their suicidal thinking. These include:

- Suicidal threats in the form of direct ("I am going to kill myself") and indirect ("I wish I could fall asleep and never wake up again") statements.
- Suicide notes and plans (including online postings).
- Prior suicidal behavior.
- Making final arrangements (e.g., making funeral arrangements, writing a will, giving away prized possessions).
- Preoccupation with death.
- Changes in behavior, appearance, thoughts and/or feelings.



What to Do *

Youth who feel suicidal are not likely to seek help directly; however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep the youth safe. When a youth gives signs that they may be considering suicide, the following actions should be taken:

- Remain calm.
- Ask the youth directly if he or she is thinking about suicide (e.g., "Are you thinking of suicide?").
- Focus on your concern for their well-being and avoid being accusatory.
- Listen.
- Reassure them that there is help and they will not feel like this forever.
- Do not judge.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm.
- **Get help!**