In light of the recent tragedies that have occurred in nearby communities and across the nation, we at Copley-Fairlawn City Schools would like to draw your attention to the following resources.  These resources are available to our students 24 hours a day, 7 days a week. We urge friends and family to speak up when they are concerned about another's mental health.

  During school hours:  Teachers, staff, counselors, and administrators can help get students to the right support in the Guidance Office.

Outside of school hours: The resources below can be accessed at any time of the day or night.  Follow up support can still be provided in the Guidance Office.

HOTLINES

Support Hotline: 330-434-9144

National Lifeline: 1-800-273-TALK

Trevor Hotline: 1-866-488-7386

CRISIS TEXT LINE

Text: 4hope to 741741

TWITTER

Lifeline: @800273TALK

WEBSITES

suicidepreventionlifeline.org (suicide prevention info)

werhere4u.org (mental health info 4 teens)

thetrevorproject.org (crisis help for LGBTQ teens)

If you believe someone may be thinking about suicide:

<https://www.samhsa.gov/suicide-prevention>

* Ask them if they are thinking about killing themselves. (This will not put the idea into their head or make it more likely that they will attempt suicide.)
* Listen without judging and show you care.
* Stay with the person (or make sure the person is in a private, secure place with another caring person) until you can get further help.
* Remove any objects that could be used in a suicide attempt.
* Call SAMHSA's National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and follow their guidance.
* If danger for self-harm seems imminent, call 911.

If you have any questions about this information or any concerns or questions, please do not hesitate to contact me.

Sincerely,

Heather S. Doyle, Ph.D., NCSP

Director of Pupil Services

Copley-Fairlawn City Schools

heather.doyle@copley-fairlawn.org

330.664.4856