

Save the Date

New Paltz High School welcomes you to attend a Parent Night with the Ulster County Mental Health Department, the Ulster County Sheriff's Department and Mental Health Professionals for a crisis management briefing to discuss suicide prevention and awareness

Monday, January 8, 2018 7:00 – 8:00PM

Resources

- UC Mobile Mental Health is open 10am-10pm 1-844-277-4820 when stress, depression or other mental health issues create a personal crisis.
- Download the Ulster County Speak app to connect to suicide prevention, education, and awareness tool kits
- Family of Woodstock, Inc. 24 Hour Crisis Hotline: 845-338-2370
- The Trevor Lifeline (for LGBTQ youth): 1-866-488-7386

Reminders

- Holiday seasons can be stressful; focus on self-care routines and communication with loved ones.
- Reactions to a traumatic event can include a range of emotions: anger, forgetfulness, numbness, sadness, difficulty eating and sleeping, social withdrawal, recall of past traumas, physical discomfort, self-doubt, and feelings of guilt are some emotions.
- Respect each individual's unique healing process, attempt to be non-judgmental of self and others, there is no fault or blame in a suicide, the intensity and duration of emotions will ebb and flow during the weeks following a death.
- These reactions are temporary and may last days, weeks, or months. If you need the help of a mental health professional don't hesitate to look to the resources listed above.