**Student/Home Support Guidelines**

* Maintain as many normal routines as deemed safe
* Follow typical rules of the house with modification to current concerns
* Monitor social media, phone and internet activities
* Provide supervision to monitor engagement
* Follow up with medical and counseling appointments
* Keep in quality communication with school personnel via email
* Provide for adequate rest, good nutrition and positive supports and activities
* Identify activities, locations and people that might escalate or trigger unhealthy thoughts or feelings
* Check in each morning and evening. Have a plan for each day to help deal with boredom, conflicts or other aspects that may arise each day

**Student/Home Support Contacts**



* National Suicide Prevention Lifeline: 1-800-273-8255
* Crisis Text Hotline: Text “connect” to 741 741
* 24 Hour Regional Crisis Line: 1-877-266-1818
* Emergency: 911
* Mrs. Allen-7th: RaechelA@Spokaneschools.org
* Mrs. Decker-6th/8th: MeganD@Spokaneschools.org

Your school counselor is available to you as a resource

Via email during this time.