



# When to Reach out to a School Mental Health Professional

## Things to Consider/Helpful Tips:

- Educate yourself on the [Warning Sign & Symptoms of Depression and Suicide](#). Consider watching "Part 1: Signs & Symptoms" of Erika's Lighthouse Staff Training.
- Be a good observer of the student's behavior.
- Consider using the [Mental Health Checklist](#) to document changes in behavior you have observed for the past 2 or more weeks.
- Keep a journal to track patterns that you observe. Pay attention to the duration, frequency and intensity of behaviors.
- Review [Intervention Language and Being the Trusted Adult](#).
- Gather ideas from [Strategies & Tools to Support a Student's Mental Health](#)
- Praise appropriate behaviors, choices and efforts. Point out even small improvements. And let the student know that skills can get better.
- Talk about the student's strengths, not only challenges.
- Celebrate wins, big and small. When kids understand what they are good at, it builds confidence and helps them stay motivated when things are tough.

## When to consider bringing in a School Mental Health Professional:

Have you made observations? Have you taken data?

What strategies or tools have you put in place?

Has the behavior increased or remained the same in regards to duration, frequency and intensity?

Is this a marked change in this student?

Listen to your gut. You know your students. If you feel concerned, it's better to say something rather than not.

*The mention of suicidal ideation and/or intent needs immediate action.  
Threats or acts of harm to self and others needs immediate action.*

If you need to speak with someone immediately, please text or call 988.

If this is an emergency, please call 911.