

3 STEPS

To Focus On HOPE, HELP, & STRENGTH

We know there's A LOT of information coming at you from all directions these days, but here's 3 short, simple messages to share with your student(s) to help keep them safe & healthy!



Create a WELLNESS PLAN

A [Wellness Plan](#) can help you and your family get through difficult times by focusing on [#WhatHelpsUs](#). Suggested Daily Activities found [here](#).

1

Watch & Share our MESSAGE OF HOPE

www.bit.ly/MessageOfHopeGFPS

This is the first of many student-created messages that our Sources of Strength Peer Leaders and Youth Commission members have in store for you.

Another student-led initiative...check out

[#ShareThePositivityND](#) on Twitter

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2

Learn to ACT (Acknowledge, Care, Treatment)

- Check out this [link](#) from our [Suicide Prevention](#) page to learn more
- Connect with a member of our [GFPS Unified Mental Health Team](#)
- Utilize these [24 / 7 mental health services](#)