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!

1. 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.

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

3. 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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Grand Forks Public Schools