

SUMMER CRISIS RESOURCES



With Snapchat, texting, and other social media outlets, we are aware that students sometimes post or share things that may concern friends or family members about their emotional wellbeing or a possible intent of self-harm. With summer arriving, we wanted to offer some tips and resources of what students and families can do:

1. Don't keep a secret. If you see a concerning post or your child receives information about someone that worries them, encourage them to tell someone.
2. Contact a parent or guardian. Whenever possible, if you can contact the parent or adult connected to that student directly, that is typically the best plan.
3. Contact police. If you do not know how to contact them directly, you may call 911 and ask the police to do a Welfare Check. Explain what was said, text, or posted. The police will go to the home to make a connection with the family/student to make sure they are ok.

If needed, families can also contact the Hennepin County Mobile Crisis Unit - 612-348-2233. This is a 24 hour support service offered free by Hennepin County. The Mobile Crisis Unit will come to your home within an hour to assess children and adolescents for any mental health concerns, suicide risk, etc. They can offer support, resources, and follow-up short-term therapy if needed. This is a free service to Hennepin County residents.