

STUDENT ASSISTANCE PROGRAM



NOVEMBER 2022

WE'RE HERE TO HELP!

The Student Assistance Prevention-Intervention Services Program (SAPISP) is a comprehensive, integrated model of services that fosters safe school environments, promotes healthy childhood development, and prevents alcohol, tobacco, and other drug abuse.

Greg Myers:

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Suicide Prevention Lifeline: Call or Text 988

The Trevor Project - Crisis Support for LGBTQ youth: 866-488-7386 or Text START to 67867

Crisis Text Line: Text HOME to 741741

En español — Envíe AYUDA a 741741



THE GREAT AMERICAN SMOKEOUT

Every year on the third Thursday of November, smokers across the nation take part in the American Cancer Society's *Great American Smokeout*. They may use the date to plan to quit or plan in advance and then quit smoking that day.

It's hard to quit tobacco.

Research shows that smokers are most successful in kicking the habit when they have support, such as:

- Telephone smoking-cessation hotlines
- Stop-smoking groups
- Online quit groups
- Counseling
- Encouragement and support from friends and family members



Retrieved from American Cancer Society website

WORLD KINDNESS DAY

NOVEMBER 13, 3033

Wishing you all peaceful and pleasant Thanksgiving! Be kind to yourself, remember self-care, {you deserve it}, and take a deep breath! Stay safe, healthy, and well!

TRUE NORTH
AT CAPITAL REGION ESD 113

We're Here to Help

REGIONAL CRISIS SERVICES

Great Rivers BHASO Crisis services:
 Grays Harbor, Lewis & Pacific county: 800-803-8833

Olympic Health
 & Recovery Services:
 Thurston & Mason Counties:
 360-754-1338 or 800-270-0041

Children's Mobile Crisis
 Thurston & Mason Counties: 360-480-5721

TRUTH INITIATIVE

INSPIRING LIVES FREE FROM SMOKING, VAPING, & NICOTINE

One of the biggest challenges to quitting cigarettes and e-cigarettes is coping with cravings from nicotine withdrawal. Here are five tips for handling nicotine withdrawal:

- **Exercise** - Physical activity is a reliable way to crush a craving
- **Use a distraction** - Find the activities that will keep your mind engaged. Cravings will pass if you can give them a minute or two.
- **Set up your environment for success** - Create a temptation-free home. Consider throwing out anything that reminds you of vaping.
- **Find stress solutions** - Find healthy alternatives to stress. This can be as simple as deep breathing, drinking water or talking to a friend to re-energize yourself and let the stress go!
- **Celebrate your accomplishments** - Even making it through your first few hours is a big accomplishment!

Retrieved from Truth Initiative website



True North Adolescent Behavioral Health Services:

360-464-6867
esd113.org/behavioral-health

Resources to Support Children's Mental Health

