

Do you have concerns about your child?

YOU ARE NOT ALONE

1 in **6** U.S. youth aged **6-17** experience a mental health disorder each year.

When to seek help...

How can you tell the difference between challenging behaviors and emotions that are a normal part of growing up and those that are cause for concern? In general, consider seeking help if your child's behavior persists for a few weeks or longer; causes distress for your child or your family; or interferes with your child's functioning at school, at home, or with friends.

YOUNG CHILDREN

- Have frequent tantrums or are intensely irritable much of the time
- Often talk about fears or worries
- Complain about frequent stomachaches or headaches with no known medical cause
- Are in constant motion and cannot sit quietly (except when they are watching videos or playing video games)
- Sleep too much or too little, have frequent nightmares, or seem sleepy during the day
- Are not interested in playing with other children or have difficulty making friends
- Struggle academically or have experienced a recent decline in grades
- Repeat actions or check things many times out of fear that something bad may happen

OLDER CHILDREN AND ADOLESCENTS

- Have lost interest in things that they used to enjoy
- Have low energy
- Sleep too much or too little or seem sleepy throughout the day
- Are spending more and more time alone and avoid social activities with friends or family
- Diet or exercise excessively, or fear gaining weight
- Engage in self-harm behaviors (such as cutting or burning their skin)
- Smoke, drink, or use drugs
- Engage in risky or destructive behavior alone or with friends
- Have thoughts of suicide
- Have periods of highly elevated energy and activity and require much less sleep than usual
- Say that they think someone is trying to control their mind or that they hear things that other people cannot hear

Who to call...

Safe/At Risk

2-1-1

Wisconsin

Call or text **2-1-1** anytime for free assistance with human, social, and basic needs; mental health or substance abuse resources and support; and for help during disaster situations.

Unsafe

988
SUICIDE
& CRISIS
LIFELINE

Call **9-8-8** for access to trained crisis counselors when experiencing thoughts of suicide, a mental health or substance use crisis, or emotional distress to prevent a situation from becoming dangerous.

Danger



Call **9-1-1** to request immediate assistance from police, fire and rescue personnel for any in-progress situation that could potentially result in danger to someone's life.

Who to contact about your Mental Health, Developmental, & Social-Emotional concerns...

CONTACT YOUR CHILD'S PRIMARY CARE PROVIDER (DOCTOR)

- Share your concerns with your child's primary care provider
- Your provider may suggest a referral for mental health assessment or counseling and can support this process

CONTACT YOUR CHILD'S TEACHER

- Set up a time to meet with your child's teacher (in person or on the phone)
- Let them know your concerns and ask about how your child is: performing academically, following classroom routines and rules, getting along with others socially, expressing their emotions at school
- Talk through ideas for classroom support (ie: change in seating, ideas to support friendship skills, etc). Your teacher may suggest speaking with a member of the pupil services team and can help you connect with them.

COMMUNITY-BASED MENTAL HEALTH OPTIONS

- Contact **United Way 211** or see **Choosing Counselor Resource** here
- Contact the MSD School Social Worker for support with the process of seeking school-based mental health counseling referral options or community-based mental health counseling options
- **National Alliance on Mental Health (NAMI Northwoods)** – a local organization benefiting individuals and groups affected by Mental Illness including: support groups, education, resources, and crisis support

SPECIAL-EDUCATION OR 504 CONCERNS

- Contact your child's school psychologist (at the school they attend) to discuss interventions and to learn more about the processes used to support these concerns

Not sure where to start?

CONTACT A PUPIL SERVICES TEAM MEMBER LISTED BELOW FROM YOUR CHILD'S SCHOOL AND THEY WOULD BE HAPPY TO HELP.



ADMINISTRATIVE TEAM MEMBERS	
Interim Superintendent	Robert Way 715-693-2530
Interim Special Education and Pupil Services Director	Dr. John Sample 715-693-3660 x2141

PUPIL SERVICES TEAM MEMBERS			
	Elementary School	Middle School	High School
Counselor	Kelsey Rennie (4K-1) 715-693-2810 x1106 Alyssa Garlie (2-3) 715-693-2810 x1114	Susan Way (4-6) 715-693-3660 x2146 Miranda Reno (6-8) 715-693-3660 x2145	Katie Guthman (9/11) 715-693-2550 x3617 Gina Struble (10/12) 715-693-2550 x3619
Psychologist	Savannah Schemenauer 715-693-2810 x1117	Alexis Cleland 715-693-3660 x2142	Kelsey Oertel 715-693-2550 x3616
Social Worker	Scotty Witkus (4K-12) Office - 715-693-3660 x2143		
School Nurse	Sara Goettl & Chloe Smith (4K-12) ES - 715-693-2810 x1412 MS/HS - 715-693-2550 x3403 Cell - 715-581-1371		