

## Handling Difficult Times

**Meant to be a resource for students and their families, this page includes information about:**

- Where to find help when life gets overwhelming
- Handling stress
- Eating Disorder Support
- Coping with Death, Loss, and Tragedies
- Anti-bullying resources
- Internet Safety

**Where can you go for help when life gets tough?**



Adolescence can be a very challenging time of life for teens and their families. Since the teen years are a period of intense growth, not only physically but morally and intellectually, it's understandable that it's a time of confusion and upheaval for many families. When times get tough, here are a just a few of the many resources that you can turn to for help.



## Crisis Hotlines

**National Suicide Prevention Hotline** - 1-800-273-8255 and 1-877-466-7164

<http://www.texassuicideprevention.org>

<http://www.suicidepreventionlifeline.org/>

[National Hopeline Network](#) provides crisis information for those who are contemplating suicide, and counselors available at all times to listen and offer assistance with obtaining local counseling help.

**Texas Abuse Hotline** at 1-800-252-5400 (To report abuse, neglect, or Exploitation)

### \*Helping Teens Cope With Stress

[http://kidshealth.org/PageManager.jsp?dn=familydoctor&lic=44&cat\\_id=145&article\\_set=47393&ps=104](http://kidshealth.org/PageManager.jsp?dn=familydoctor&lic=44&cat_id=145&article_set=47393&ps=104) (for parents)

<http://familydoctor.org/familydoctor/en/teens/emotional-well-being/teens-and-stress-who-has-time-for-it.html> (for teens)

## Helping Teens Cope With Stress



Being a teenager in the 21st century can be extremely stressful. There are many who can help, though, so just ask!

Helpful articles for parents of teenagers who are struggling with stress are [Helping Kids Cope with Stress](#) and [Teens & Stress: Who Has Time For It?](#)

To better understand stress and learn some strategies for coping, check out the attachment below.

(I have the attachment)

## Battling Eating Disorders

Did you know....

- In the United States, eating disorders are more common than Alzheimer's disease (as many as 10 million people have eating disorders compared to 4 million with Alzheimer's disease).
- Anorexia nervosa is more expensive to treat than schizophrenia, yet insurance coverage for treatment is exceedingly insufficient. The average direct medical costs for treating anorexia nervosa is \$6054 a year compared to \$4824 a year for schizophrenia.
- Although recovery from anorexia nervosa is often protracted nearly a decade, the outcome of treatment is better than for obesity or breast cancer.
- In the United States, **as many as 10 million females and 1 million males** are fighting a life and death battle with an eating disorder such as anorexia or bulimia. **Millions more** are struggling with binge eating disorder.
- For females between fifteen to twenty-four years old who suffer from anorexia nervosa, the mortality rate associated with the illness is twelve times higher than the death rate of ALL other causes of death.
- 40% of newly identified cases of anorexia are in girls 15-19 years old.

(Source: <http://www.nationaleatingdisorders.org/uploads/file/Statistics%20%20Updated%20Feb%2010,%202008%20B.pdf> )

Unfortunately, there are many resources online that SUPPORT unhealthy eating and body image. PLEASE AVOID THESE SITES!!

Instead, check out the following websites for healthy messages:

- <http://www.findingbalance.com/>
- <http://www.something-fishy.org/>
- <http://www.caringonline.com/>

## Handling a Death or Loss

The counselors at Cooper want to provide support to those who are affected by loss. One small way that we can do this is to ensure that there is access to information that can help in the grieving process. Here you will find useful resources pertaining grief and loss. Each link will take you to a web site that was not created by nor frequently monitored by Abilene Independent School District. We hope that you will also visit your counselor when you are ready to talk.



<http://www.fernside.org/resources/families/> - Support for families who have experienced a death is provided through the newsletter and other materials on this site.

<http://www.griefnet.org/> - An internet community for persons dealing with grief, death, and major loss.

<http://www.oliviashouse.org/> - York area grief and loss center for children and families. This has been an excellent source of healing for many of our students who have experienced the loss of a loved one.

[http://kidshealth.org/teen/your\\_mind/emotions/someone\\_died.html](http://kidshealth.org/teen/your_mind/emotions/someone_died.html) - This overview of the grief process is a good resource for friends and family members of a person who has experienced a loss.

## Handling Bullying

### **Bullying Is a Big Problem**

Every day thousands of teens wake up afraid to go to school. Bullying is a problem that affects millions of students, and it has everyone worried, not just the kids on its receiving end. Yet because parents, teachers, and other adults don't always see it, they may not understand how extreme bullying can get.

Click on this website <http://www.pacerteensagainstbullying.org/#/home> to learn more about bullying, how to positively handle bullying situations, how to prevent yourself from being an obvious target of bullying, and how help others who are being picked on.

## Internet Safety Information

Students are reminded to be careful about what they post on the internet. Others can access more than you think they can!

Tips for helping students and families to cope with cyberbullying: prevention and intervention - [www.cyberbullying.ca](http://www.cyberbullying.ca)

Parent tips for protecting your children from dangers on the Internet -



[www.netsmartz.org/Parents](http://www.netsmartz.org/Parents)

[www.safeteens.com/](http://www.safeteens.com/)

[www.connectsafely.org/](http://www.connectsafely.org/)