

# It's Hard Watching Your Child Struggle To Make Friends



**"Friendship isn't a big thing-it's a million little things."**

**Paulo Coelho**

## **We Break Down Social Skills to allow Your Child to:**

**Initiate, sustain and slip into group conversations and play, while learning ...**

### **OUR GROUPS ARE:**

- In-person
- Grouped by Age and Skills
- Capped at 4 Participants
- Led by NYS Licensed Therapists
- Run for 8 weeks

**Each Group includes a companion Parent Group**

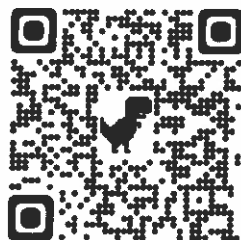
**\$695 for the Series**

- The social cues that show someone is interested in talking or playing or trying to end an interaction
- How to be a good winner and loser
- How to respond to someone who is teasing them

- and more ...

### **TO REGISTER:**

- Use QR Code to fill out form
- or Call (516) 798-4070
- or Email Us at [Groups@AbridgedPsych.com](mailto:Groups@AbridgedPsych.com)



**ABRIDGED PSYCH**

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

**APPROVED FOR DISTRIBUTION**

**NOV 04 2022**


**DR. PATRICK HARRIGAN  
SUPERINTENDENT OF SCHOOLS**

**This is not a Half Hollow Hills  
School District sponsored or  
endorsed activity**

*Amr*  
11/3/22

# How to Help Someone Experiencing Emotional Distress

## 1 Look for the FACTS:

<b>FEELINGS</b>	Hopelessness, excessive worry, burdensomeness, rejection, worthlessness
<b>ACTIONS</b>	Impulsiveness, self-harm, increased drug or alcohol use, giving away possessions, looking for a way to die such as saving up pills, gaining access to a gun, or searching online
	Particularly in the presence of other warning signs; changes in attitude, moods, behaviors, or social connection; sudden change in sleep or eating habits
<b>THREATS</b>	Specific or vague statements or any expression of death or suicide; can be written, spoken, activity on social media, or non-verbal threats
<b>SITUATIONS</b>	Life changes that cause the person to be overwhelmed, unprepared, or triggered, such as personal loss, connection to death, bullying or abuse, failures, or getting in trouble

## 2 Use Active Listening

<b>DO</b>
<b>Actively listen.</b> Allow them to vent and unload their feelings.
<b>Be sympathetic and non-judgmental.</b> Encourage them to talk about their feelings, even if it is hard to hear.
<b>Offer hope.</b> Reassure them that help is available and suicidal feelings are temporary.
<b>Take them seriously.</b> Ask if they are having thoughts of suicide. You are allowing them to share their pain, not giving them ideas.
<b>DON'T</b>
<b>Argue.</b> Avoid saying phrases like: "You have so much to live for", "your suicide will hurt your family" or "snap out of it".
<b>Promise confidentiality or secrecy.</b>
<b>Offer ways to fix problems or give advice.</b>

## Connect to Help

Call for help immediately in an emergency where there is risk of immediate harm to the person or others. If you are uncomfortable helping it is OK, but you need to tell someone else about your concerns ASAP. You can also connect someone to these resources, through 3-way call if necessary, when things are escalating and you no longer feel comfortable helping alone.



**Need to talk?**

**WE'VE GOT TIME TO LISTEN**

**TEXT "GOT5" TO 741-741  
TO START A CONVERSATION**

CRISIS TEXT LINE |

FREE, 24/7, CONFIDENTIAL CRISIS SUPPORT BY TEXT

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE™**  
**1-800-273-TALK (8255)**  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**THE  
TREVOR  
PROJECT**  
For Young LGBTQ Lives

Text 'START' to 678-678

Call us at 1-866-488-7386

# Overwhelmed by College, SATs, APs?



101 ways  
to be best in any  
point of view.  
**College**  
higher learning  
education  
school or a  
that is



**We Can Help You to  
Calm Down, Finish  
Strong, and Still Have  
Time for Fun**

## THESES GROUPS ARE:

- Online
- Open to 11th and 12th Grade Girls
- Capped at 8 Participants
- Led by NYS Licensed Counselors
- About Strategies and Tools - This is Not Therapy
- \$240 for the 6 Week Series
- Learn Tools to Spot and Tame the Thinking Patterns that Lead to Overwhelm and Worry
- Learn How to Set Friendship & Work Boundaries
- Engage in Weekly Art Projects as the Group Talks

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