



**Elephant in The Room Q & A
Sunnyslope Youth Center
SUMMER 2018**

Resources:

BLOOM365 Advocate	Text or call 928-706-8669 for free, confidential support. Please allow up to 24 hours to receive an initial response.
BLOOM365 Hotline	Call 1-888-606-HOPE (4673)
BLOOM365 Weekly Drop-In Support Group	Every Wednesday (Holidays excluded). Please email contact an advocate for more information.
Teen Lifeline	Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships
National Teen Dating Violence Hotline	Text "LOVEIS" to 22522 24/7
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)

Q: Student

A: BLOOM365 Advocate

Dose 1 (6/5/18)

Q: What do I do if my friend is cutting themselves?

A: We highly encourage you to let your friend know that they should reach out to a trusted adult such as the school social worker or a BLOOM365 Advocate as soon as possible. Our advocates are always here to lend a free, confidential listening ear whenever you need it. Also, if you'd like some resources for suicide

and depression, we encourage you to contact Teen Lifeline and/or the National Suicide Prevention Hotline listed above.

Dose 2 (6/19/18)

Q: What about abuse after a breakup? I.E. Threats- constant puts downs- sending other people after them... etc.

A: It's important to remember that the most dangerous time in an abusive relationship is when the survivor tries to leave or when they end it. If you are concerned about your safety, please contact a BLOOM365 advocate at the number above for help creating a safety plan. Otherwise, talking to your friends to make sure someone can be with you can be helpful if they are bothering you at school or in public locations. If you continue to have issues at school, you may want to reach out to a trusted school staff member about additional steps you can take. If you are experiencing issues online, you may choose to block their number and social media accounts to keep them from contacting you online. We also highly encourage you to get involved in our free support group! Our support group provides teens with the opportunity to walk through the healing process alongside others. Finding ways to cope can be really helpful. For example: spending time with the people you love, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed!