



Building LifeSkills

JUNE
Caring and Support

Young people experience support, care and love from their families, neighbors, and many others. They participate in organizations that provide positive, supportive environments.



40 Key Building Blocks to Help Kids Succeed

Search Institute has identified 40 building blocks of healthy development that help young people grow up healthy, caring and responsible. These building blocks are referred to as "assets." Local schools have united in identifying monthly "asset" themes for schools and communities to help kids reach their potential.

Bigs make a big difference



Big Brothers Big Sisters

by Joan Samkow
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Support and care could save a life

In today's fast-paced commercialized world we often forget the importance of a handwritten note, a smile, and supporting others. E-mailing, texting and twittering leaves little time to talk one on one. Limited interactions with others can leave us feeling hollow and alone and loneliness has been determined to be a major risk factor for suicide.

Recognize warning signs

- Persistent talk of death
- Seeking access to firearms, pills or other means
- Previous attempts of suicide
- Giving away cherished items or saying good byes
- Sudden dramatic changes in mood, particularly depression
- Feelings of helplessness, trapped, anxious, agitated, sleeping too much or not sleeping
- Withdrawing from friends, family, society and usual activities
- Use of alcohol or drugs

If you think someone you know is suicidal, show your support

- Listen to them with sincere concern for their feelings. Do not offer advice, but let them know that they are not alone.
- Tell them that you are concerned and care.
- Inquire if they have had suicidal thoughts or if they have made a suicide plan.

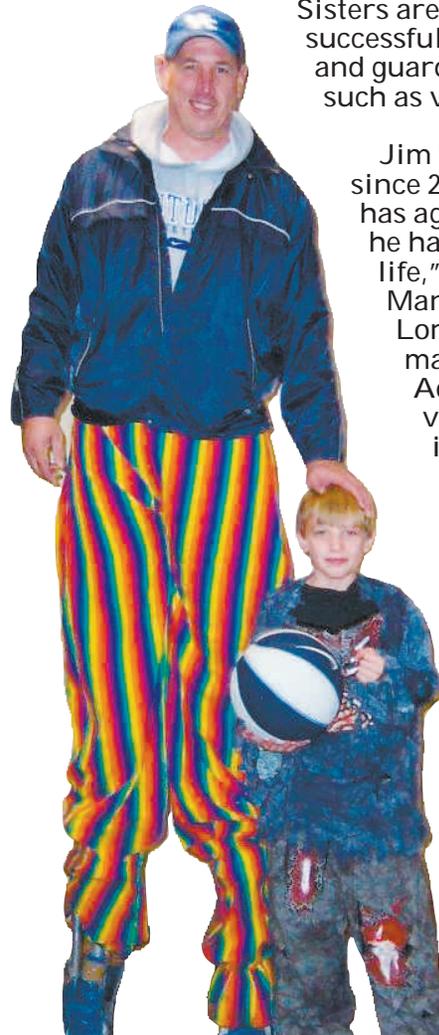
DO NOT LEAVE SOMEONE WHO IS SUICIDAL ALONE

Call the 24-hour Lorain County Crisis Hotline at: 800.888.6161

WHAT CAN YOU DO?

Many community organizations offer opportunities to support or be supported. One of these is Big Brothers Big Sisters. It is a one-to-one youth mentoring organization that connects caring adults with children who are in need of a little extra adult interaction.

This may be because of parents' busy work schedule, divorce or just the need for a positive role model. Independent research tells us that children with Big Brothers and Big Sisters are more likely than their peers to be successful students, to be closer to their parents and guardians, and resist negative temptations, such as violence, crime and drugs.



Jim Walborn, left, has been a big to Adam since 2005. "Although Adam is now 19 and has aged out of the program, he knows that he has a friend in Jim for the rest of his life," said David Gerrone, Match Support Manager, Big Brothers, Big Sisters of Lorain County. "Jim was truly the only man that was there for him and never let Adam down. Jim shared his morals and values with Adam – and most importantly invited him into his own family, showing Adam that is the kind of family he could have if he wants. Jim set Adam up for success, and showed him anything is possible."

Give support, show you care, save a life

Whether you are a parent, grandparent, teacher or coach you can make all the difference in a child's life, just by being there. Lorain County, Mental Health Resources are available to EVERY RESIDENT, regardless of ability to pay. For a listing of agencies and resources visit our website at www.LCMHB.org or call 440.233.2020.

In Lorain County

35.2% of Lorain County Middle and High School students reported feeling depressed more days than not over the course of the year. (PRIDE Survey)

11% of Lorain County youth had seriously considered suicide in the past year. Source: 2011 Lorain County, Ohio Health Assessment Project

6% admitted actually attempting suicide

As many as 86% of parents were unaware of their children's suicidal behavior