

Concerned about your adolescent?

Kristen Schuch is a licensed counselor with over 10 years of experience and has been serving South Medford High School students as the mental health counselor for nearly two school years. You can contact Kristen at 541-842-1522 if you have any questions regarding emotional or behavioral concerns or treatment for your adolescent. She can provide short term or ongoing counseling to students, give referrals to community agencies, and/or provide family sessions.

Are you worried that your child is experiencing emotional or behavioral troubles and needs counseling?

- Contact Jackson County Mental Health, 541-774-8201, if you have Oregon Health Plan.
- Contact your insurance provider to inquire about in-network counselors in the area.
- Kristen Schuch 541-842-1522

Are you worried that your child is thinking about suicide?

If you have **immediate** concerns about your child's safety:

- Contact **Jackson County Mental Health Crisis at 541-774-8201**; or
- **Call 911**; or
- **Take them to the nearest emergency room**; or
- Eliminate access to the following: lock guns in a cabinet or other secure area, keep over the counter and prescription medications hidden, and/or take away car keys

Tips for creating safety:

- Maintain good communication
- Keep open contact with them; don't be afraid to talk about difficult issues.
- If you are concerned about self-harm or suicide, don't leave them alone for long periods of time.

Are you worried that your child is using drugs or alcohol?

- Obtain drug tests for your own personal use at drugstores for approximately \$20.
- Contact OnTrack at 541-772-1777 to schedule an assessment.

Developing positive communication with your adolescent:

- Create a warm, nurturing, non-judgmental space for your child to express themselves
- Remember that everything we think and feel is valid, meaning simply that we experience it. Whether thoughts and feelings fit a situation is a different question.
- Get to know their friends and friend's parents.
- Stay away from statements like: "You're overreacting/being dramatic." "It doesn't make sense that you feel angry, nervous, sad, etc.". Instead use statements like: "It's understandable that you feel angry and I'd prefer that you don't yell." "It makes sense that you feel nervous and you have to go to school." "Anyone in your situation would feel sad, and hurting yourself won't help in the long run."
- Stay away from words like "always," "never," "constantly". Instead use phrases like: "sometimes," "usually," "once in a while," "most of the time".