STUDENT HEALTH & SAFETY
INFORMATION FOR FAMILIES



PAGE COUNTY PUBLIC SCHOOLS

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Welcome Message

We are pleased to share this comprehensive safety guide with you. This resource has been developed to ensure you have the information and tools needed to support your child's safety at school, at home, and in our community. Your partnership is essential to maintaining a safe and supportive learning environment for all students.



Nicky Clark
Director of School Administration



Casey Heishman
Director of Student Services

This Resource

The following guides and resources are designed to help families recognize warning signs, respond to mental health challenges, and create safer home environments for children and adolescents. The materials align with the parental notification requirements set forth in § 22.1-79.4 and § 22.1-272.1 of the Code of Virginia, which require threat assessment teams and suicide risk assessment teams to provide parents or guardians with information that assists them in recognizing and responding to behaviors that may indicate a student poses a risk to themselves or others.

In accordance with these provisions, the resources are intended to be shared with caregivers either at the time of initial notification or as soon as practicable thereafter. Additionally, the materials support compliance with statutory requirements to inform parents of the legal responsibilities related to children's access to firearms under § 18.2-56.2.

This document is intended as general guidance. Always consult with a licensed mental health professional for advice tailored to your child's specific needs.

Additional resources can be found on the Virginia Department of Education's Supporting Student Safety: Parent and Caregiver Resources for Suicide and Violence Prevention webpage.

Supporting Student Safety

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Remember

Effective parenting involves staying engaged and present in your child's life—not through constant surveillance, but through meaningful connection and intentional action. As a caregiver, you play a vital role in your child's safety and well-being, and you don't have to navigate this responsibility alone.

By creating a home environment where your child feels safe to grow and explore, and by limiting access to harmful substances, you're taking powerful steps to protect their health, development, and future.

When questions or concerns arise, remember that support is available. Reach out to your school counselor, pediatrician, mental health provider, or call the 988 Suicide & Crisis Lifeline for immediate guidance.

988 SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline is a free, confidential resource available 24/7 for anyone experiencing a mental health crisis, emotional distress, thoughts of suicide, or substance use concerns.

As a parent, you or your child can call, text, or chat 988 at any time to connect with a trained crisis counselor who will listen, offer support without judgment, and help you find local resources if needed.

The service is not just for emergencies, it’s also there if you’re worried about your child or someone else and need guidance on how to help. Counselors are specially trained to support people of all ages, and fewer than 2% of calls require emergency services, so you can feel comfortable reaching out for help whenever you need it.

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Connecting with Your Child Daily

Meaningful Questions to Connect with Your Child

If you've ever asked your child "How was your day?" and received only a brief or uninterested reply, you're not alone. The following questions are designed to spark deeper conversations and provide greater insight into your child's emotional and social experiences. Invite your child to pick a question to ask you first, then use that same question to spark a conversation with them. Alternatively, write each question on a strip of paper and place them in a jar. Each day, during a time you both agree on (such as dinner, bedtime, or while driving home) take turns drawing a question to discuss together.

- What was the best part of your day today?
- Did anything surprise you today?
- Who did you spend the most time with today?
- Was there something that made you laugh or smile?
- Did you learn something new or interesting?
- What was the hardest or most challenging part of your day?
- Is there something you wish had gone differently today?
- Did you help someone, or did someone help you today?
- What's one thing you're proud of from today?
- Did anything make you feel worried or upset?
- What's one thing you want to remember about today?
- What's something you're looking forward to tomorrow?
- What's something kind you noticed someone do today?
- Was there a moment today when you felt frustrated or angry?
- Did you try something new or step outside your comfort zone?
- If you could describe your day as a color/weather, what would it be?
- What is one way you coped with stress today?
- If you could change one thing about today, what would it be?
- Did you have any interesting conversations today?
- Is there anything you want to talk about or share with me?
- If you could describe your day in one word, what would it be?
- What did you do that was kind today?
- What do you wish your teachers knew about your day today?
- On a scale of 1-10 (1 being not at all, 10 being very) how stressful was your day?

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Validating Your Child

Phrases for Validating Your Child's Emotions

Validating a child's emotions helps them feel seen, heard, and supported, which builds emotional intelligence, trust, and resilience. Here are several helpful phrases, organized by intention:

To Acknowledge Their Feelings

Young Children

- "I see that you're really upset right now."
- "It's okay to feel that way."
- "That sounds really frustrating."
- "You're feeling sad, and that's completely okay."
- "I hear you, that was a big deal."

Adolescents

- "It sounds like you've been dealing with a lot."
- "That really does seem like a tough situation."
- "I can tell this matters to you."
- "You have every right to feel the way you do."
- "That makes total sense. I get why that would bother you."

To Show Empathy

Young Children

- "I would feel that way too if I were in your shoes."
- "That makes sense why you'd feel [angry/sad/scared/etc.]."
- "It's normal to feel like that sometimes."
- "I get why that hurt your feelings."

Adolescents

- "I'd probably feel the same way if I were in your shoes."
- "That's completely valid. Anyone would be upset about that."
- "It's okay to feel overwhelmed sometimes."
- "I hear you. That would be hard for anyone."

To Let Them Know They're Not Alone

Young Children

- "You're not alone. I'm here with you."
- "We'll figure this out together."
- "I'm so glad you told me how you're feeling."
- "Take your time. I'll be here when you're ready."

Adolescents

- "You don't have to go through this by yourself."
- "I'm here to talk or just listen. Whatever you need."
- "Thanks for sharing. That takes courage."

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Validating Your Child

Phrases for Validating Your Child's Emotions

To Help Them Name Emotions

Young Children

- "It sounds like you might be feeling [nervous/jealous/disappointed]. Does that sound right?"
- "Do you think what you're feeling is more like anger or sadness?"
- "It's hard to tell sometimes, but I think your body is trying to tell you something."

Adolescents

- "Do you think what you're feeling is more like stress or pressure?"
- "It seems like you're frustrated, is that how it feels to you?"
- "Sometimes when things pile up, it's hard to tell what we're really feeling, want to talk it through?"

To Offer Support Without Judgment

Young Children

- "I'm proud of you for sharing that with me."
- "You're allowed to feel however you feel, there's no wrong feeling."
- "You don't have to fix it all right now. I'm here."
- "I love you, even when you're upset or having a hard time."
- "It's okay to be [angry/sad/scared/etc.]. I feel that way too sometimes."

Adolescents

- "There's no pressure to figure it all out right now."
- "It's okay to not be okay, you don't have to have it all together."
- "You're allowed to feel whatever you're feeling. No judgment."
- "You're not being dramatic, what you're feeling is real."

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Tools and Strategies for Keeping Your Child Safe

Safety Action Steps for Parents and Caregivers: *Tools and Strategies for Keeping Your Child Safe*

When a child is experiencing thoughts of harming themselves or others, it can be one of the most frightening and overwhelming times for parents and caregivers. During these critical moments, parents and caregivers provide essential supervision and monitoring of their child, which are powerful opportunities for connection, prevention, and understanding.

This guide outlines general action steps you can consider to help keep your child safe while maintaining trust and open communication.

Please note that not all these steps may be necessary depending on your child's age, symptoms, and other factors that make each situation unique.

1 Provide constant, compassionate supervision.

- Stay physically present with your child as much as possible, especially during the early stages of concern.
- Keep bedroom doors unlocked or open. If doors have a lock, make sure you can unlock them easily.
- Limit time alone and possibly consider a temporary sleeping arrangement in a shared space.
- Inform other trusted adults, especially those who may share in supervision of your child throughout their day (e.g., family members, school staff, daycare or after school care staff, athletic coaches) so they can offer support.
- If your child is in immediate danger, do not leave them alone. Call emergency services or a crisis line for guidance.

What do I do if it is an emergency?

If you are unable to guarantee your child's immediate safety or the safety of others, or if you do not feel capable of safely transporting your child to an emergency facility, **call 911 right away.**

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Tools and Strategies for Keeping Your Child Safe

2 Set Clear Expectations About Privacy and Safety

- Let your child know that when safety is a concern, privacy may be limited but explain it's out of care, not punishment.
- Emphasize that your goal is to keep them safe, not to control or shame them.

3 Check Social Media and Online Activity

- Review your child's social media accounts (Instagram, Snapchat, TikTok, etc.) for concerning content, conversations, or posts.
- Monitor your child's cellphones and school devices. Specifically consider text messages, photos, social media accounts, chat messages (i.e., Google chat, Google Docs) spaces where students can gain access to peers and others can gain access to them.
- Look for themes of hopelessness, isolation, aggression, bullying, or threats, whether your child is expressing or receiving them.
- Consider using parental monitoring tools or apps with your child's awareness (How to use parental controls to keep your kid safer online).
- Encourage your child to talk about what they see or share online and how it makes them feel.

4 Review Internet Search History

- Let your child know that when safety is a concern, privacy may be limited but explain it's out of care, not punishment.
- Emphasize that your goal is to keep them safe, not to control or shame them.

5 Secure the Environment

- Remove or lock up all potentially dangerous items: medications (both prescription and over-the-counter medications), sharp objects, firearms, alcohol, etc.
- If you own firearms, ensure they are stored unloaded, locked, and separate from ammunition—with no access by your child.
- Store household cleaners, ropes, or other harmful items out of reach.

6 Maintain Open and Ongoing Communication

- Ask your child directly how they are feeling. Use calm, non-judgmental language.
- Check in daily: "On a scale of 1-10, how stressful was your day?" or "Anything on your mind you want to talk about?"
- Validate their emotions, even if they seem irrational to you: "That sounds really hard. I'm so glad you shared that with me."

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Tools and Strategies for Keeping Your Child Safe

7 Collaborate with Mental Health Professionals

- Keep in close contact with school counselors, therapists, counselors, or doctors working with your child.
- Share what you observe at home since they may not see the same behaviors at school or in clinical settings.
- Ask about safety plans, coping strategies, and signs of progress or worsening symptoms.

8 Keep a Written Safety Plan

- Develop a safety plan with your child and their school counselor, outlining:
  - Warning signs
  - Coping strategies
  - Multiple people they can talk to, in multiple settings (school, home, etc.)
  - Actions you will take if things escalate beyond your control or become unsafe
- Keep the plan somewhere visible and easy to reference. Consider sharing it with another family member who may be able to support you and your child.

9 Practice Self-Care and Get Support for Yourself

- Caring for a child in crisis is emotionally demanding. You deserve support, too.
- Talk to a counselor, support group, or trusted friend about your own feelings and stress.
- Taking care of yourself models healthy coping and helps you stay grounded.
- Consider “tagging in” someone you trust who could share in the caretaking and supervision of your child should you become overwhelmed.

Limiting Access

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Limiting Access to Medications and Substances

Unintentional overdoses and intentional misuse of medications, alcohol, substances, or illicit substances are serious risks for children and teens. Easy or unrestricted access increases the risk of accidental overdose, misuse, and intentional self-harm.

Safe storage protects kids from accidental ingestion, substance misuse, and self-harm. This guide outlines action steps you can consider to help keep your child safe while maintaining trust and open communication.

What steps can I take to protect my child from accessing medications and substances?

- Store all medications, cannabis products, and alcohol in a locked cabinet or container.
- Avoid keeping medications or edibles in purses, backpacks, or nightstands.
- Visit the Lock and Talk website and scroll to the bottom of the page for the interactive map to find your local Community Services Board (input your zipcode) to access free medication lock boxes or free firearm locks.
- Keep only the amount of medication needed for a short period (such as a week or a month) and store the rest securely or ask your pharmacist about safe storage options. Avoid stockpiling medications.
- Keep substances out of sight and out of reach, even items you use regularly.
- Regularly review your medicine cabinet and properly dispose of any expired, unused, or unneeded medications.
- Lock up or remove alcohol, cleaning agents, pesticides, and other toxic substances from accessible areas.
- Talk with other caregivers, babysitters, or relatives about safe storage expectations in their homes.
- Child-resistant does not mean child-proof. Always combine packaging with safe storage.
- Talk to your child about the dangers of medications and substances, and explain why you are taking these precautions.
- Encourage open conversations about mental health and let them know you are there to support them.

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Limiting Access to Medications and Substances

What are some key points to consider regarding access to substances?

- Even common, everyday medications and substances can be dangerous in large amounts or when misused.
- Opioids and barbiturates are especially lethal in overdose situations, but antidepressants, antihistamines, and even OTC pain relievers can also be deadly.
- Most youth suicide attempts by poisoning involve medications that are easily found at home.
- If you are concerned about your child's safety, it is important to lock up or remove these items from your home and supervise their use.
  - Visit the Resources page to find contact information for the Page Alliance for Community Action (PACA) who can provide information on medication storage containers.
- Blister packs make it harder to access large quantities of pills quickly, which can slow down impulsive actions.

What medications and potentially harmful substances may be in my home?

Over-the-Counter (OTC) Medications	These are frequently used in self-poisoning suicide attempts, especially among adolescents, because they are easily accessible and often found in most households. **Common types**: Acetaminophen (Tylenol), Ibuprofen (Advil, Motrin), Aspirin (acetylsalicylic acid), Diphenhydramine (Benadryl and other antihistamines)
Prescription Medications	These drugs can be lethal in overdose and are associated with increased risk of suicide attempts and deaths. **Common types**: Antidepressants (such as fluoxetine/Prozac, paroxetine/Paxil), Anti-anxiety medications (benzodiazepines like temazepam, triazolam, flurazepam), Sleep medications (Z-drugs like zolpidem/Ambien, eszopiclone/Lunesta, zaleplon/Sonata, and trazodone), Antiepileptic drugs (gabapentin), Opioid painkillers (such as oxycodone, hydrocodone, morphine), Barbiturates, Antidiabetic medications.
Other Potentially Harmful Substances	Alcohol (can increase the risk and lethality of overdose when combined with medications), Household chemicals (cleaners, pesticides, antifreeze), Illicit substances (marijuana, cocaine, heroin, methamphetamine)

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Limiting Access to Medications and Substances

What do I do if I believe my child has consumed a harmful substance?

Call 911 or Poison Control at 1-800-222-1222 immediately if you suspect a child has consumed a harmful substance. Keep the item or packaging nearby for reference. Don't wait for symptoms to appear as quick action saves lives.

Suicide attempts are often impulsive, and a moment of crisis can escalate very quickly!

Making sure your child cannot access lethal means at the wrong time is critical.

Limiting access to lethal means does not replace professional help.

If your child is struggling, seek support from mental health professionals immediately. Your vigilance and care can make a critical difference in your child's safety and recovery.

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Limiting Access to Knives and Sharp Objects

Children and teens experiencing mental health struggles, especially thosewith thoughts of self-harm or suicide, are at an increased risk of using sharp objects to hurt themselves. Removing or restricting access to these items at home is a vital step in keeping them safe.

Knives and other sharp objects can be used in acts of self-harm, particularly among children and teens experiencing emotional distress. Safe storage of sharp objects is a key component of suicide prevention and youth safety.

What steps can I take to protect my child from accessing knives and sharp objects during an emotional crisis?

- Remove or lock up sharp objects. Store all knives, scissors, and razors in a locked drawer, cabinet, or lockbox. Remove unnecessary sharp objects from bedrooms, bathrooms, and other accessible areas.
- Supervise use of sharp items. Only allow access to sharp objects when directly supervised by a trusted adult. Consider alternatives for daily needs (e.g., use electric razors, pre-cut food, or safety scissors).
- Regularly check for hidden items. Periodically check your child's room, backpack, and common areas for sharp objects that may have been hidden or brought in from outside.
- Communicate openly. Talk with your child about your concerns and the steps you are taking to keep them safe. Encourage them to share their feelings and let them know you are there to support them.
- Inform all caregivers. Ensure that all family members, school staff, and other adults responsible for supervising your child are aware of these safety measures.

What are some common sharp objects to secure or remove?

- Kitchen knives (all sizes)
- Scissors and box cutters
- Razor blades and shaving razors
- Pencil sharpeners (blades)
- Utility knives, pocket knives, craft blades
- Broken glass or mirrors
- Nail clippers and files
- Safety pins, needles, and tacks

Suicide attempts are often impulsive, and a moment of crisis can escalate very quickly.

Making sure your child cannot access lethal means at the wrong time is critical.

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Limiting Access to Ligatures

Ligatures are items that can be used to tie or secure around the neck or body and may be used in attempts of self-harm or suicide.

While these items are everyday objects, they can pose serious risk in moments of crisis or emotional distress. Limiting access to ligatures is a critical part of safety planning for children and teens at risk of self-harm. Many suicide attempts occur during short-term emotional crises and removing or securing ligature risks can reduce the chance of impulsive actions

When should I take extra precautions regarding access to ligatures?

- If your child is expressing suicidal thoughts or has a history of self-harm.
- After a recent mental health crisis or hospitalization.
- During periods of increased stress, loss, or significant life changes.

What items should I take extra precautions with regarding access to ligatures?

- Belts
- Ties
- Shoelaces
- Cords
- Ropes
- Scarves
- Drawstrings (from hoodies or sweatpants)
- Dog leashes
- Plastic bags

What steps can I take to protect my child from accessing ligatures during an emotional crisis?

- Remove hooks or fixtures that could be used for hanging (especially in bedrooms and bathrooms).
- Store potential ligatures in a locked closet or drawer.
- Remove or shorten cords on blinds or use breakaway cords or cordless blinds when possible.
- Replace drawstrings in clothing with elastic or remove them entirely.
- Talk with other caregivers, babysitters, or relatives about storage expectations in their homes.

Limiting access to ligatures can be life saving.

Most adolescent suicides by hanging occur at home.

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Limiting Access to Firearms

When a child is experiencing thoughts of harming themselves or others, it can be one of the most frightening and overwhelming times for a parent. During these critical moments, supervision and monitoring are not just protective, they're powerful tools for understanding, connection, and prevention. This guide outlines action steps you can consider to help keep your child safe while maintaining trust and open communication.

Did you know?

- Firearms are the leading method of death by suicide among youth in Virginia. They are also involved in many tragic incidents of violence.
- Most youth suicide attempts are impulsive. Easy access to a firearm during a crisis can turn a temporary feeling into a permanent tragedy.
- Firearms are extremely lethal. Nine out of ten suicide attempts with a gun result in death.
- Safe storage saves lives. Storing guns unloaded, locked, and separated from ammunition greatly reduces the risk of both suicide and accidental shootings.

How can I store firearms safely?

- Safe storage is a simple, powerful step every parent can take to protect their children and others.
- Always keep guns locked and unloaded.
- Use a gun safe, lockbox, or trigger lock. Never store firearms in easily accessible places, like drawers or closets.
- Store ammunition separately and locked.
- Keep keys or combinations hidden and out of reach of children and teens.

What steps can I take to protect my child from firearm-related risks?

- Talk to all household members about firearm safety and expectations. Ensure guests or relatives who visit also follow safe storage practices.
- Ask about firearms in other homes. Before your child visits a friend or relative, ask if there are firearms in the home and how they're stored.
- If your child is experiencing mental health challenges, remove access to firearms immediately. Consider removing firearms from the home temporarily or storing them off-site.
- Visit the Lock and Talk website and scroll to the bottom of the page for the interactive map to find your local Community Services Board (input your zip code) to access free firearm locks or medication lock boxes.

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Limiting Access to Firearms

In Virginia, what legal requirements exist relating to the safe storage of firearms in the presence of minors?

According to Virginia Code § 18.2-56.2 , the legal requirements for parents regarding safe storage of firearms are as follows:

- It is unlawful to leave a loaded, unsecured firearm in a manner that endangers the life or limb of any child under the age of 14. Violating this law is a Class 1 misdemeanor.
- It is unlawful to knowingly allow a child under the age of 12 to use a firearm unless the child is under the supervision of an adult. For this law, “adult” means a parent, guardian, person standing in loco parentis, or a person 21 years or older with the parent or guardian's permission. Violating this provision is also a class 1 misdemeanor.



Always keep guns locked and unloaded.

Store ammunition separately and locked.

Keep keys or combinations hidden and out of reach of children and teens.

Recognizing & Responding

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Recognizing and Responding to Signs of Violence

When a child is experiencing thoughts of harming themselves or others, it can be one of the most frightening and overwhelming times for a parent or caregiver. During these critical moments, parents and caregivers provide essential supervision and monitoring of their child, which are powerful opportunities for connection, prevention, and understanding. This guide outlines general action steps you can consider to help keep your child and others safe while maintaining trust and open communication.

Please note that not all of these steps may be necessary depending on your child's age, symptoms, and other factors that make each situation unique.

What are warning signs I can look for if I am concerned about my student harming others?

If you are concerned that your child may be on a pathway to violence, there are several warning signs and behaviors that indicate it's important to reach out for additional help:

- Talking, writing, or posting about violence or death, especially targeting specific people, groups, or places (such as schools or public spaces).
- Frequent intense anger, irritability, or daily temper loss.
- Aggressive behavior toward others, including fighting, bullying, or making threats.
- Cruelty to animals or destruction of property.
- Withdrawal from friends, family, or activities that were previously enjoyed.
- Carrying, talking about, or showing an extreme fascination with weapons.
- Making threats or plans to harm others or expressing a desire for revenge.
- Risk-taking behaviors, such as substance use, reckless driving, or unsafe sexual activity.
- Sudden changes in mood, school performance, or social relationships.
- Blaming others for their actions or refusing to take responsibility.
- Preoccupation with violent themes in games, media, or play.
- History of discipline problems or conflicts with authority.

If several of these signs are present, especially if they are new, escalating, or combined, it is crucial for parents to seek help from a qualified mental health professional immediately.

Early intervention can help address underlying issues and reduce the risk of violence.

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Recognizing and Responding to Signs of Violence

As a caregiver, how can I respond?

- Stay in control: respond to escalating situations with a calm, firm tone (avoid yelling).
- Ask open, nonjudgemental, caring questions, such as: “Can you tell me what’s been going on?”
- Validate their emotions, even if they seem irrational to you: try stating, “That sounds really hard. I’m so glad you shared that with me.” Let them know it's okay to feel angry, but there are better ways to express those feelings. Avoid dismissing, minimizing, or trying to immediately fix things.
- Set clear and consistent boundaries: explain what behaviors are not acceptable and why.
- Focus on support, not punishment: let them know they are not alone, and that you will help them.
- Remove means of harm: firearms, secure medications, sharp objects, or anything that could be used for self-harm or harm to others.
- Encourage healthy coping strategies: journaling, art, physical activity, music, or talking to someone they trust.
- Monitor media exposure: limit access to violent or age-inappropriate media content. Review your child’s social media accounts (Instagram, Snapchat, TikTok, etc.) and internet search history for concerning content, conversations, or posts.
- Model healthy conflict resolution: show your child how to handle frustration and solve problems.
- Seek professional help: talk to a counselor, therapist, pediatrician, or contact crisis resources. Ask about safety plans, coping strategies, and signs of progress or worsening symptoms.

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Recognizing and Responding to Suicide Risk

When a child is experiencing thoughts of suicide, it can be one of the most frightening and overwhelming times for a parent or caregiver. During these critical moments, parents and caregivers provide essential supervision and monitoring of their child which are powerful opportunities for connection, prevention, and understanding.

This guide outlines general action steps you can consider to help keep your child safe while maintaining trust and open communication.

Please note that not all of these steps may be necessary depending on your child's age, symptoms, and other factors that make each situation unique.

What are warning signs I can look for if I am concerned about suicide risk?

- Talking about death or saying things like, "I wish I wasn't here" or "You'd be better off without me."
- Drawing or writing about death or dying.
- Sudden withdrawal from family, friends, or favorite activities.
- Aggressive behavior or intense mood swings.
- Increased sadness, hopelessness, or tearfulness.
- Changes in eating or sleeping habits.
- Giving away prized possessions or saying goodbye.

As a caregiver, how can I respond?

- Stay calm and nonjudgmental: take what your child says seriously. Respond with empathy, not anger or panic. Acknowledge their pain without shame.
- Validate their emotions, even if they seem irrational to you: "That sounds really hard. I'm so glad you shared that with me."
- Avoid dismissing, minimizing, or trying to immediately fix things.
- Ask directly: Use age-appropriate language. For example, "Have you been feeling really sad or thinking about not wanting to be here?" or "I've noticed you've seemed really down lately. Are you thinking about hurting yourself?"
- Ask open, caring questions:
  - Try: "Can you tell me what's been going on?"
  - Avoid: "Why would you want to kill yourself?"
- Focus on support, not punishment: let them know they are not alone, and that you will help them get through this.
- Remove or restrict access to means of harm: firearms, medications, harmfulsubstances, sharp objects, ligatures, or anything that could be used for self-harm or a suicide attempt.

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Recognizing and Responding to Suicide Risk

As a caregiver, how can I respond? (continued)

- Provide constant, compassionate supervision:
  - Stay physically present with your child as much as possible, especiallyduring the early stages of concern.
  - Keep bedroom doors unlocked or open. If doors have a lock, make sure you can unlock them easily.
  - Limit time alone and possibly consider temporary shared spaces for sleeping arrangements.
  - Inform other trusted adults (e.g., family members, school staff) so they can also offer supervision and support.
  - If your child is in immediate danger, do not leave them alone. Call emergency services (911) or a crisis line for guidance (988).
  - Let your child know that when safety is a concern, privacy may be limited but explain it's out of care, not punishment. Emphasize that your goal is to keep them safe, not to control or shame them.
  - Review your child's social media accounts (Instagram, Snapchat, TikTok, etc.) and internet search history for concerning content, conversations, or posts.
  - Encourage healthy coping strategies.
- Seek professional help: talk to a counselor, therapist, pediatrician, or contact crisis resources. Ask about safety plans, coping strategies, and signs of progress or worsening symptoms.
- Develop an easy-to-reference safety plan with your child and their school counselor, outlining:
  - Warning signs and triggering or stressful events
  - Coping strategies (including people they can talk to)
  - Actions you will take if things escalate

Resources

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Immediate Help

911	If it is an emergency, call 911!
National Suicide Prevention Lifeline	Call or text 988 (free & confidential, 24/7)
Crisis Text Line	Text HOME to 741741 (free & confidential, 24/7)
Concern Hotline	Page County: 540.743.3733; https://www.concernhotline.org/
Northwestern CSB 24/7 Crisis Services	540.635.4804

School & Community Resources

Contact your child's school counselor, pediatrician, or local mental health provider to discuss safety planning and mental health support for your child.

PCPS - Report a Concern

735 W Main Street, Luray, VA 22835 | 540.743.6533
https://forms.gle/US91UBZVkU456cmc6
Please use this form to report any concerns related to school safety, security, or emergency management within Page County Public Schools. This form is not intended to replace emergency response for imminent safety concerns.

Northwestern CSB

136 General Dr Suite 300, Luray, VA 22835 | 540.743.4548
https://www.nwcsb.com/#home
Services: Mental health, Substance Use, Developmental Services, Children-Youth-Family Services, Prevention & Wellness, Crisis Services

JMU Counseling & Psychological Services

738 S Mason St #3100, Harrisonburg, VA 22807 | 540.568.6552
https://www.jmu.edu/iihhs/caps/index.shtml
Services: Confidential counseling and psychological assessment are available to assist children, adolescents, adults, couples, and families.

Page Alliance for Community Action

https://www.pagecoalition.org/
Services: is a non-profit coalition of agencies, parents, youth and concerned citizens. Our main goal is to promote healthy life choices for the youth and families in Page County.

LOCK & TALK

https://www.lockandtalk.org/
Services: Lock & Talk is a suicide prevention initiative in the state of Virginia that strives to encourage community conversation around mental wellness and promote safe care of lethal means, including firearms and medications.