

Bullying Resources:

www.stopbullying.gov US Department of Health and Human Resources (DHHS). Provides information from various government agencies on what bullying is (including cyberbullying), who is at risk, and defines appropriate ways to prevent and respond to bullying.

- Under mental health resources (including SAMSA – Substance Abuse and Mental Health Services Locator), you can find providers in your area for mental health services.

www.stopbullyingnowfoundation.org In 2012: 400,000 K-12 children tried to commit suicide or thought about suicide from bullying problems...250,000 children per day do not go to school from the fear of being bullied.. This site (based out of FL) provides information and a national network of speakers and psychologists that are willing to network and providing funding to schools to supplement their resources.

www.pacer.org/bullying PACER is an organization that champions children with disabilities. This is their website that focuses on bullying issues. For teen and older students, some of the discussion boards and inspirational poems, stories, and blogs may provide them with virtual strength and support. They have a WE WILL GENERATION curriculum that can be shared with schools and peer groups.

www.dpsnc.net/images/story-images/pdfs/bullying_5a.pdf Glaxo Smith Kline has produced a publication called “Help Stop Bullying: A Road Map for Success”. This book contains helpful links and resource information (What we know about bullying, Who it affects, Warning Signs for Children, Tips for Parents, Resources and References)

Know your Local Educational Agency (LEA)’s policies on bullying:

- For Durham Public Schools (www.dpsnc.net): Board Policies 4411 and 5126 affect Bullying and Harassment
 - Board Policy 4411: www.dpsnc.net/about-dps/district-policies/524/4411-bullying-harassment
 - Board Policy 5126: www.dpsnc.net/about-dps/district-policies/525/policy-5126-bullying-harassment

Know your Local Educational Agency (LEA)’s policies for filing Parent and Student Grievances:

- For Durham Public Schools, it is Board Policy 4800: www.dpsnc.net/about-dps/district-policies/524/4800-student-or-parent-guardian-grievances
- Students can **Text a Tip**: www.dpsnc.net/about-dps/departments/security-department/text-a-tip

Understand the Boundaries and Limitations of Federal Legislation and their impact at the local level:

- LEA Safe Schools Plan for Durham Public Schools: www.dpsnc.net/images/pdf/SafeSchPlan_5.10.pdf
 - Objective 1:7 is to Implement and evaluate school safety programs and activities in collaboration with parents, students, businesses, and community agencies
 - Do you have interest in parental interaction as a volunteer on your school’s “Safe Schools Advisory Committee”?
 - Objective 1:13 indicates that DPS will annually prepare for crisis readiness and intervention. The plan will include strategies for handling psychological and emotional trauma associated with a crisis or other safety concerns that impact our students, staff and the community. What is the annual plan for addressing safety concerns at your school? Are there ways to contribute as a parent volunteer?

Mental Health Resources:

If you have **EAP or Health Insurance** – Use these resources, first!!

If you have Medicaid, Medicare, or No insurance: there are behavioral health partners in each county

- Alliance Behavioral Healthcare is assigned to Durham, and Wake www.AllianceBHC.org 1-800-510-9132
- Cardinal Innovations Healthcare Solutions serves Orange, Chatham, Franklin, Granville, and, Person, county www.cardinalinnovations.org/contact-1-800-939-5911

Exchange Club Family Center: www.exchangefamilycenter.org (919) 403-8249 ext 229 (3708 Lycan Parkway, Suite 103, Durham, NC 27707)

- Family Support Programs and Parenting of Adolescent Programs

NC Easter Seals: <http://nc.eastersealsucp.com/services/multi-systemic-therapy/> Has resources for multi-systemic therapy for families that are eligible (i.e. have Medicaid, Medicare, or No insurance)

www.suicidepreventionlifeline.org The **National Suicide Prevention Lifeline** is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK (8255), the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers provide crisis counseling and mental health referrals day and night.

- The Hopeline **(919) 231-4525** HopeLine, Inc. is a United Way agency. HopeLine - (919) 231-4525 - provides free, confidential, caring, non-judgmental listening, crisis intervention, and suicide prevention services as well as information referrals 24 hours a day, 365 days a year.
- The National Hopeline Network **1-800-SUICIDE (1-800-784-2433)** A 501(3)(c) founded by a spouse of a suicide victim to spread the message that depression is treatable and that suicide is preventable. A national hopeline.

Inpatient Treatment – UNC Psychiatry: UNC Child and Adolescent Psychiatry (919) 966-5217 is their daytime clinic number. If your child is a danger to themselves or others or if they are in such fear of harm that they have persistent suicidal thoughts, they can be evaluated in the emergency department at UNC for potential admission.