

SIGNS THAT YOU OR A FRIEND NEEDS HELP

- » Says things like, "I'm no good anyway!" or "I don't care anymore!"
- » Feels worthless
- » Avoids people
- » Doesn't seem to care about appearance or health
- » Often tired
- » Sleeps a lot or is unable to stay awake
- » Difficulty concentrating
- » Changes in eating habits, with unusual weight gain or loss
- » Changes in school performance or attendance; dropping out of activities, cutting classes, getting lower grades
- » Angry outbursts at home or at school
- » Stays out late &/or runs away from home
- » Uses drugs/alcohol
- » Hurts oneself (i.e. – cutting, burning oneself)
- » Difficulty sitting still
- » Often in a bad mood
- » Takes unnecessary risks
- » Hides feelings



WHAT YOU CAN DO TO HELP A TROUBLED FRIEND

- » Ask your friend to tell you how he or she is feeling
- » Let your friend know you care
- » Listen to your friend
- » Ask your friend if he or she ever felt this bad before. If so, how did he or she handle this situation?
- » Share a time when you felt bad and assure your friend that things can and will change
- » Encourage your friend not to use drugs or alcohol, because that could make him or her feel worse and confuse his or her judgement.
- » Let your friend know that help is available (i.e. a parent, school counselor, school nurse, teacher, principal, friend's parents, telephone hotline). Offer to go with your friend to see these people.
- » Give your friend a hotline number where he or she can find help.
- » Stay with your friend. Do something together.
- » Make specific plans to see your friend the next day.
- » If you think your friend is ...
 - Thinking about running away
 - Thinking about hurting himself or herself
 - Thinking about hurting someone else
 - Being hurt at home
- » Tell a responsible adult as soon as possible.
- » Call a hotline.

WHEN A FRIEND IS TROUBLED – WHAT NOT TO DO

- » Don't ignore your friend
 - » Don't put your friend down
 - » Don't lecture
 - » Don't change the subject
 - » Don't try to handle it alone
 - » Don't suggest drugs or alcohol for a solution
 - » Don't let your friend make you a promise not to tell an adult
 - » Don't tell other students about your friend's troubles
- Instead, talk to a responsible adult



HOW THE STUDENT ASSISTANCE PROGRAM CAN HELP

SAP wants to help you and your friends. The Student Assistance Program is here to help students and their families get assistance. You may be concerned about a friend because he or she is using drugs or alcohol, seems unhappy, or is showing some of the signs mentioned in this booklet. You may be having difficulties yourself.

You are not alone. Why not share your concerns with a member of SAP? The SAP members list is enclosed. If you feel more comfortable talking to someone else (such as another teacher, counselor, or a family member), ask that person to contact the Student Assistance Team for you.

A great opportunity for students to receive assistance is through support from other peers in a group setting. The SAP coordinator will facilitate continuous educational support groups throughout the school year. There are two groups that focus specifically on drugs and alcohol; one deals with prevention and the other with concerns about friends or family who use drugs or alcohol.

Other group topics include, but are not limited to:

- Anger
- Bereavement
- Social Skills
- Study Skills
- Motivation
- Positive Peer Relations
- Self Esteem

2020-2021

Abington Junior High School Student Assistance Team

Ms. Amy Adam, School Counselor	Guidance
Ms. Alicia Demko, SAP Consultant	Guidance
Ms. Melissa Brizzell, School Counselor	Guidance
Ms. Ann Custer-Walter, Art Teacher	Room C51
Ms. Brooke Jacobs, School Social Worker	Guidance
Ms. Rochele Haynes, School Counselor	Guidance
Ms. Stef O'Gara, School Counselor	Guidance
Dr. Matt Wexler, Coordinator/Student Support Svcs.	Guidance
Mr. Andy Zucker, Science Teacher	Room S103

**ABINGTON JUNIOR HIGH SCHOOL
STUDENT ASSISTANCE PROGRAM**

**PLEASE FEEL FREE TO CONTACT ANY SAP MEMBER
OR TEACHER TO REFER A FRIEND OR YOURSELF.**

HELP IS AVAILABLE

Abington Junior High School
215-884-4700, ext. 2234 (SAP Office) or 2238 (Guidance)

HOTLINES

Aldersgate	215-657-4545
Alcoholics Anonymous	610-527-9711
Drug & Alcohol Information	1-800-662-HELP (4357)
Child Abuse (24 hrs.)	1-800-932-0313
Runaway Hotline (24 hrs.)	1-800-621-4000
Suicide/Crisis Intervention	215-686-4420 or 610-079-6100
Emergency Food	215-784-7077
Narcotics Anonymous	215-440-8400



Friends care about each other. When you or a friend is going through hard times, we want to be there for you. Sometimes it is difficult to know what to do to help yourself or a friend. Here are some things to think about.