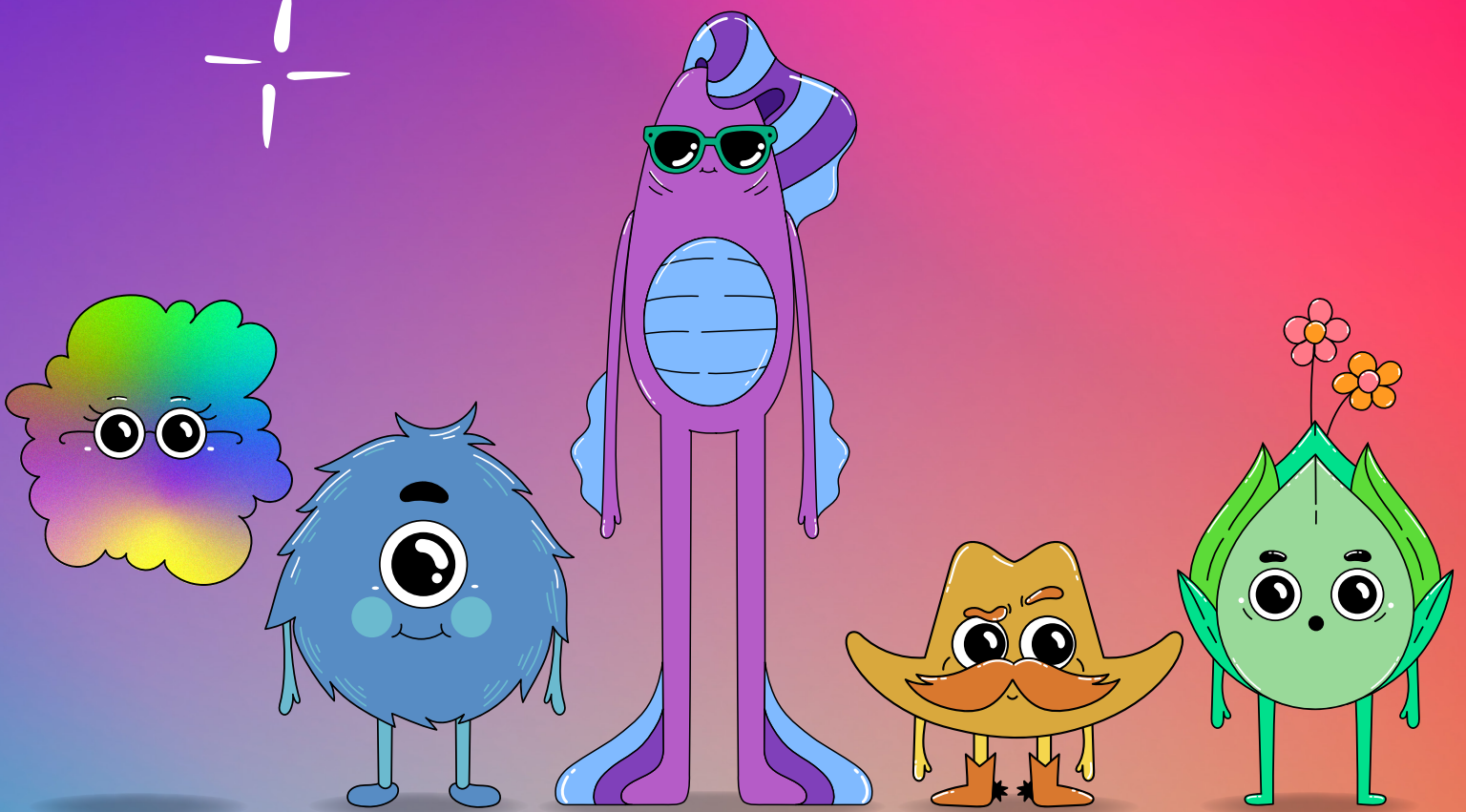


# EDUCATOR TOOLKIT

## K-12



CALL  
OR  
TEXT

988

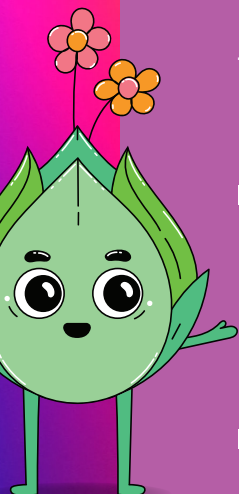
MENTAL  
HEALTH  
LIFELINE

## As an educator, you know working with children and teens isn't a solo job.

Oklahoma's mental health isn't either. It's time to shift from stigma.

988 is a three-digit mental health lifeline that connects Oklahomans with free mental health resources, for themselves or for someone they care about. With each call or text, we're starting conversations that could save a life and giving all ages of Oklahomans permission to talk openly about their mental health. Many for the first time.

This toolkit will give you the resources to share 988 in your classroom and prepare you to be a safe place to land when your students or their parents need a hand. Let's get started.



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FOLLOW @988OKLA



#ShiftFromStigma

# 988

**/S**

**A THREE-DIGIT MENTAL HEALTH  
LIFELINE FOR**

**ALL OKLAHOMANS**



**FOR ANYONE EXPERIENCING  
OR WITNESSING A**

**MENTAL HEALTH CRISIS**

**CALL OR TEXT 24/7 TO TALK WITH A TRAINED BEHAVIORAL HEALTH PROFESSIONAL**

To learn more about how 988 works,  
visit [988oklahoma.com](https://988oklahoma.com)



# THE STATE OF OKLAHOMA'S MENTAL HEALTH

**1 IN 5** OKLAHOMANS  
EXPERIENCE  
A MENTAL ILLNESS  
EVERY YEAR. THAT'S AROUND 789,800 folks.

**10%** OF OKLAHOMA KIDS  
LIVE WITH  
A MENTAL  
ILLNESS

**OKLAHOMA  
RANKS 3RD FOR KIDS  
WHO EXPERIENCE THE  
HIGHEST LEVELS OF TRAUMA**

AMERICAN INDIAN  
**YOUTH** ARE AT A  
HIGHER SUICIDE RISK  
THAN ANY OTHER  
ETHNICITY

**54,000+**  
OKLAHOMA KIDS  
LIVE WITH MAJOR DEPRESSION.

**80%** OF SUICIDES  
BETWEEN  
THE AGES OF 10-24  
ARE **MALE** ♂

**1 IN 10**  
OKLAHOMA STUDENTS  
REPORTED ATTEMPTING SUICIDE  
IN THE PAST **12** MONTHS.

CALL OR TEXT

**988**

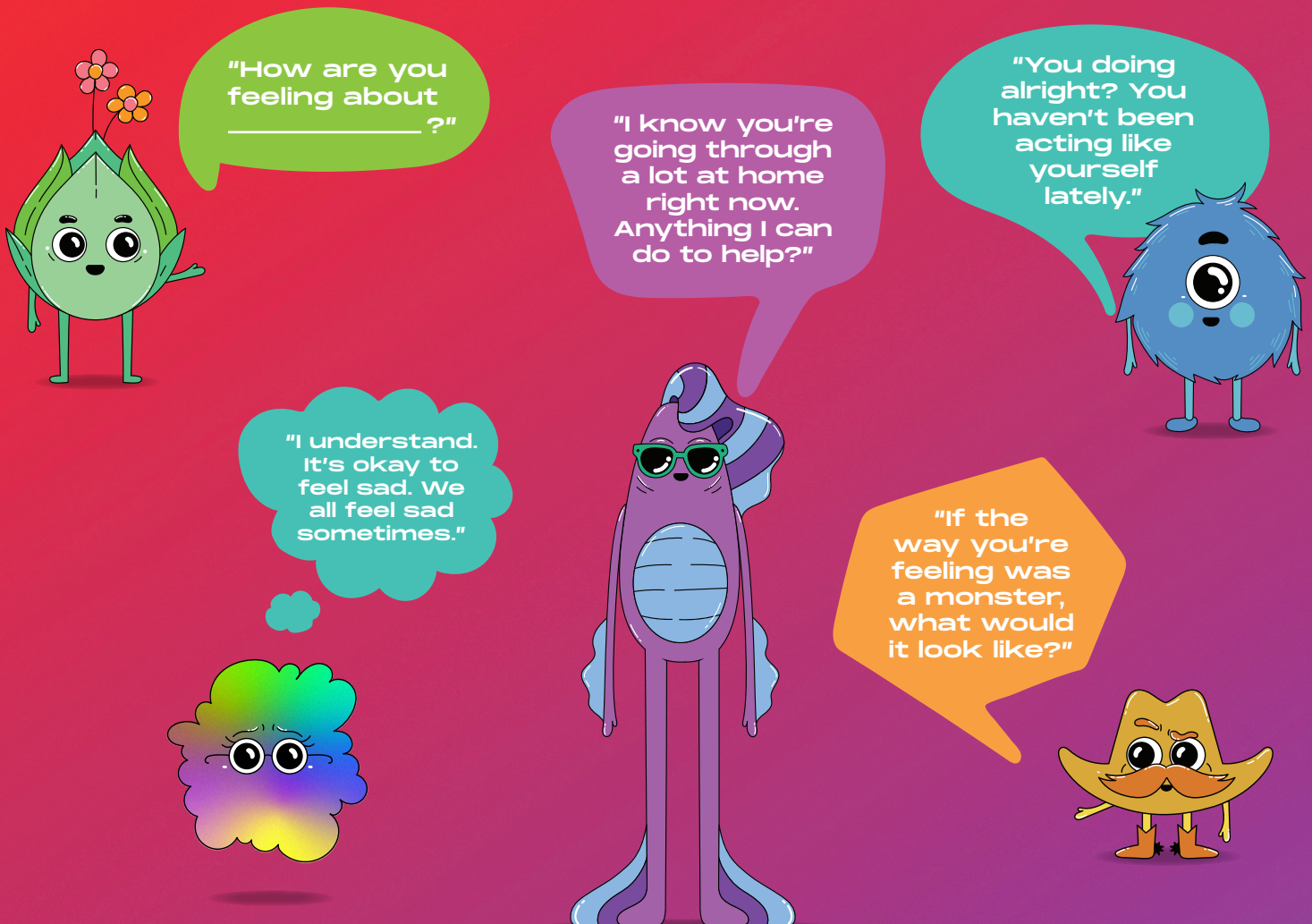
MENTAL  
HEALTH  
LIFELINE



# LET'S START THE CONVERSATION

As Oklahomans, talking about feelings isn't always our default. That can change with our kids. One conversation, even if it's a bit uncomfortable, could be all a student or a parent needs to get through their situation.

Here are a few ways you can start the conversation about mental health.



# ***KNOW THE SIGNS OF***

## **MENTAL ILLNESS IN CHILDREN**

**Everyone feels down or stressed out from time to time.** But when symptoms won't go away or make daily life feel impossible, it might be time to reach out.

While no two children are the same, many of them experience similar symptoms of mental illness.

- Feeling excessively sad or hopeless
- Excessive crankiness or anger
- Concentration problems
- Vocal outbursts or crying
- Drastic changes in mood or personality
- Feelings of worthlessness or guilt
- Sleeping too much, or not enough
- Headaches or stomach pain without cause
- Sensitivity to rejection
- Fatigue and lack of energy
- Changes in academic performance
- Avoiding school, friends, extracurriculars, or hobbies
- Suicidal thoughts or discussions of death
- Self-harm

**If a child is showing signs that they could use a hand, share 988 with their parents or call or text for free guidance on how to best help them.**

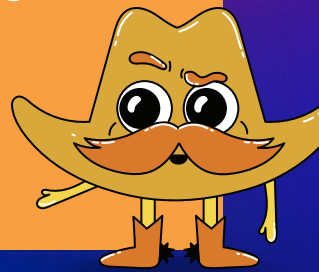
# ***KNOW THE SIGNS OF***

## **MENTAL ILLNESS IN TEENAGERS**

**Everyone feels down or stressed out from time to time.** But when symptoms won't go away or make daily life feel impossible, it might be time to reach out.

While no two young adults are the same, many of them experience similar symptoms of mental illness.

- Feeling excessively sad or hopeless  
excessively angry or irritable
- Concentration problems
- Low self-esteem
- Feelings of worthlessness or guilt
- Sleeping too much, or not enough
- Eating too much, or not enough
- Headaches or stomach pain  
without cause
- Self-harm
- Fatigue and lack of energy
- Changes in academic performance
- Conflict with family and friends
- Grim or bleak outlook on the future
- Use of alcohol or drugs
- Less attention to personal hygiene
- Avoiding school, friends,  
extracurriculars, or hobbies



**If a student is showing signs that they could use a hand, 988 is just a call or text away.**

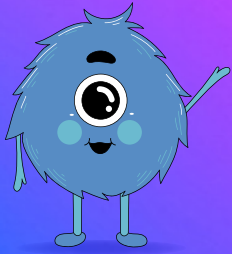


# MEET THE CALL CENTER CRITTERS

HAILING FROM ALL FOUR CORNERS OF THE STATE, THE CALL CENTER CRITTERS ARE A RAGTAG BUNCH OF MISFITS READY TO HELP THEIR FELLOW OKLAHOMAN. ADD THEM TO YOUR CLASSROOM TO HELP KIDS EXPRESS HOW THEY'RE FEELING AND LEARN ABOUT STAYING MENTALLY WELL.

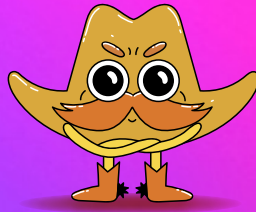
## OKLA

Okla is a goofy cheerleader who supports his friends with optimism and empathy.



## SUGAR PA

Sugar Pa is a lovable grouch who believes in the power of a little tough love.



## CORTY

Corty is a colorful ray of sunshine who tends to get a little anxious.



## LUCILLE

Lucille is a little sweetie who doesn't say much, but is always happy to listen.



## PUDDLEBUCKET

Puddlebucket is a chill dude who always knows what to say, even if it feels like a riddle.



# SCHOOL RESOURCES

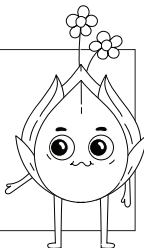
BRING THE CALL CENTER CRITTERS INTO THE CLASSROOM WITH OUR KID-FRIENDLY POSTERS, COLORING SHEETS, AND MORE.

## 988 MENTAL HEALTH WORD SEARCH

Q E P A X T E X T O W C A L L A B R  
S W A S T H Z Q H I D A S W K S E E  
E E T D H S T R E S S J F E T D H S  
L L I M O S K S R J V S T I G M A I  
F L E A U L G N A N C Q F L E I V L  
C N N R G P S U P P O R T J K N I I  
A E C E H A L G Y S P V A E C D O E  
R S E L T H E R A P I S T K R F R N  
E S O P S V A W A R E N E S S U S C  
M E N T A L H E A L T H B E M L A E  
E R L N K L I F E L I N E R L N K L  
O K L A H O M A L R X N M I N D H O

Find the following words in the puzzle.  
Words are hidden horizontal and vertical.

AWARENESS	MINDFUL	SUPPORT
BEHAVIOR	OKLAHOMA	TEXT
CALL	PATIENCE	THERAPIST
LINELINE	RESILIENCE	THERAPY
MENTAL	SELF CARE	THOUGHTS
HEALTH	STIGMA	WELLNESS
MIND	STRESS	



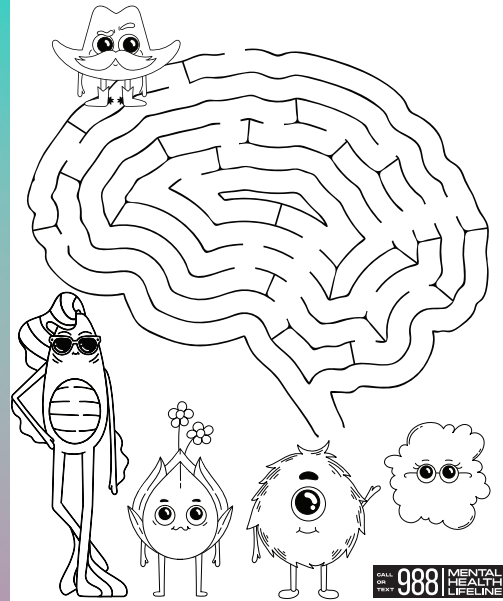
CALL OR TEXT 988 MENTAL HEALTH LIFELINE

## LOOK ON THE



CALL OR TEXT 988 MENTAL HEALTH LIFELINE

## HELP SUGAR PA GET BACK TO HIS FRIENDS



CALL OR TEXT 988 MENTAL HEALTH LIFELINE

## HELP! HOW DO I ASK FOR HELP?

### 1 CALL OR TEXT 988

If you call, wait a few short seconds for the lifeline to pick up. Most calls are answered in 30 seconds or less.  
If you text, you'll get an automated response almost immediately.

### 2 FOLLOW THE STEPS

Listen to the phone tree for directions if you're calling. If you're texting, respond "yes" when asked if you'd like to connect with a counselor.

Spanish speakers, LGBTQ+ youth, and veterans listen close for options just for you!

### 3 TALK TO A DISPATCHER

A trained dispatcher based in Oklahoma will answer and ask questions to make sure you're safe. They'll then walk through your situation and help figure out next steps.

### 4 GET HELP

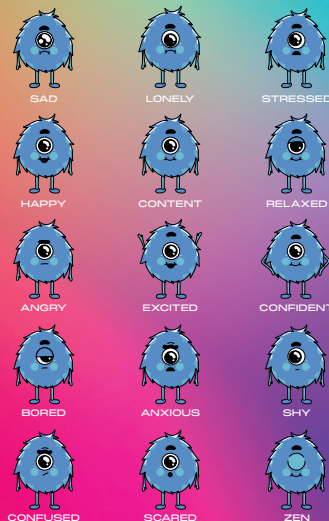
Once your dispatcher is sure you're safe, they'll connect you with resources that are right for you. That might be coping skills, breathing techniques, or a next-day appointment with a mental health provider.

CALL OR TEXT ANY TIME, ANY DAY, ANY REASON!

CALL OR TEXT 988 MENTAL HEALTH LIFELINE

## MENTAL HEALTH CHECKPOINT

How's your inner critter today?



CALL OR TEXT 988 MENTAL HEALTH LIFELINE



CALL OR TEXT 988 MENTAL HEALTH LIFELINE

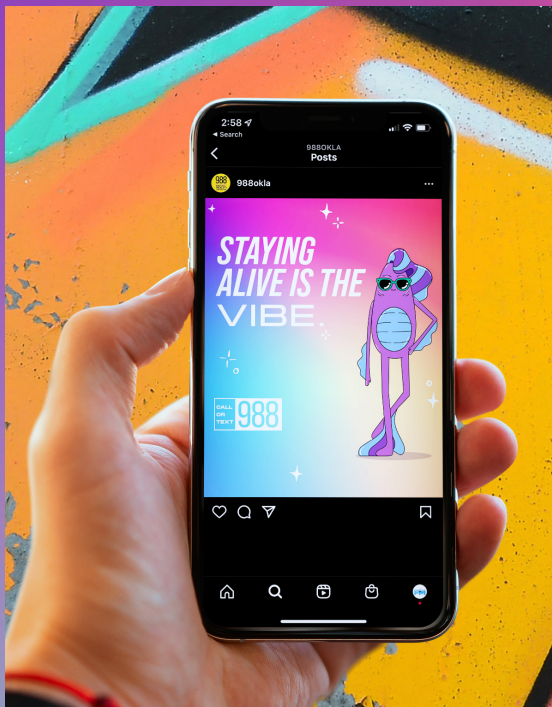


SCAN HERE!



# SOCIAL ASSETS

HELP SHIFT FROM STIGMA WITH THESE READY-TO-SHARE SOCIAL POSTS. ONE POST AT THE RIGHT TIME COULD SAVE A LIFE.



SCAN HERE!



# OUTREACH CARDS

THESE DOUBLE-SIDED, PRINT-READY PDFS ARE AN EASY WAY TO SPREAD THE WORD ABOUT 988.  
KEEP THEM IN YOUR DESK TO HAVE ON HAND FOR STUDENTS AND PARENTS.



SCAN HERE!





# ***COLORING PAGES***

MENTAL HEALTH ISN'T ALL GLOOM AND DOOM. ENCOURAGE THE KIDS IN YOUR LIFE TO EXPRESS THEIR EMOTIONS THROUGH CREATIVITY. BE SURE TO SHARE THEIR MASTERPIECES WITH #SHIFTFROMSTIGMA!

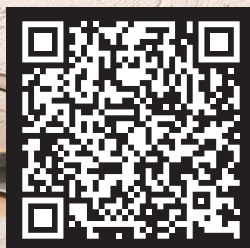
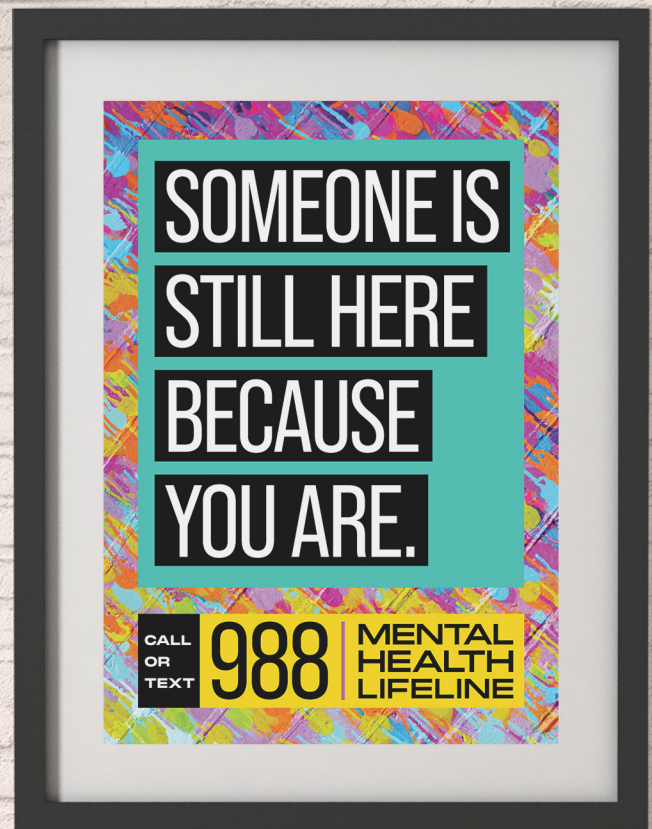
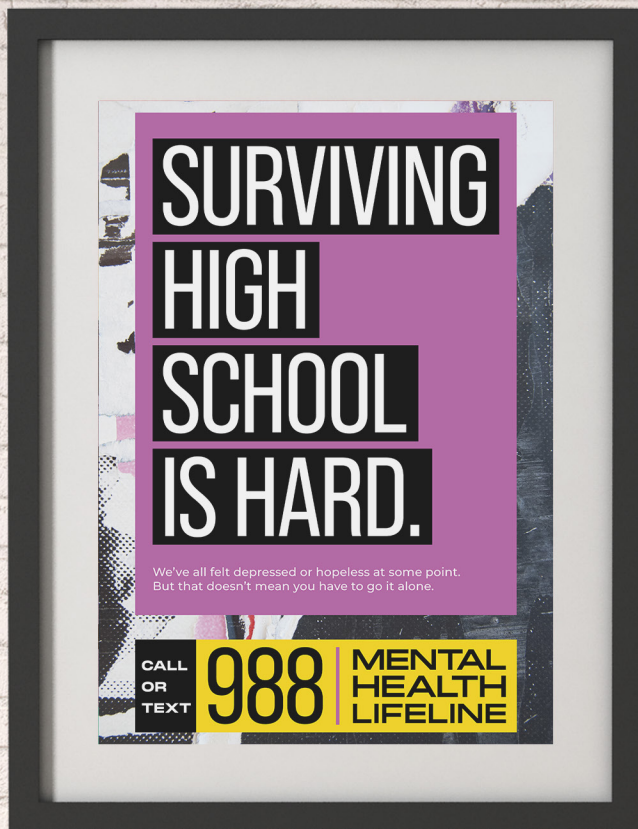


**SCAN HERE!**



# POSTERS

WHETHER IT'S THE CLASSROOM OR THE BREAKROOM, THESE FREE 988 POSTERS  
COULD BE JUST THE THING SOMEONE IN NEED NEEDS TO SEE.



SCAN HERE!



**CALL OR TEXT**

**988**

**MENTAL  
HEALTH  
LIFELINE**



**FOLLOW @988OKLA**  
988oklahoma.com



#ShiftFromStigma