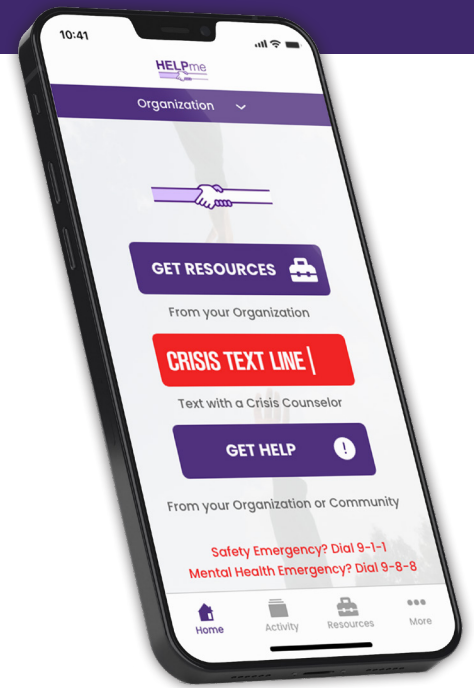


HELPme: A Proactive Approach to the Youth Mental Health Crisis

Now more than ever, students and staff need comprehensive Districtwide Mental Health Support System that normalizes asking for help in a manner that decreases the stigma of doing so.

HELPme is designed to meet the needs of the school community by providing connections and access to resources for basic needs, 24/7 immediate Crisis Support and two-way communication with your school, all in a way that protects privacy and dignity.



How it Works?

Delivered on our highly configurable mobile platform, HELPme provides support and resources to students, families, and staff through a healing-centered interface. The HELPme app by STOPit Solutions highlights the importance of prevention and early intervention, asking for and receiving help, and the recognition of asking for help as a critical life skill.

How it works? HELPme Provides 3 Ways to HELP based on user's level of comfort.

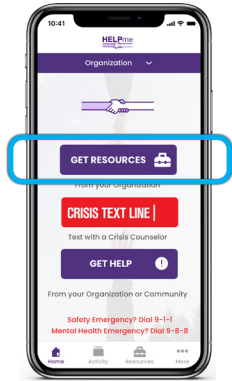
1. Self-Help: Get Resources
2. Help from a Trained Crisis Counselor: Crisis Text Line
3. Help from your School or Community: Get Help

Why HELPme as a Tier 1 Support

1. Decreases the stigma surrounding mental health and shame of asking for help.
2. Supports the well-being and educational success for **ALL** students & staff
3. Removes barriers to learning
4. Improves school climate, student connectedness, parent & community engagement
5. Creates a culture of helping ourselves **AND** helping others
6. Serves as a foundation for Tier 2 and Tier 3 mental health supports & services by helping to identify students & staff in need
7. Encourages positive behaviors and relationships

“If a student is hungry, exhausted, scared, traumatized, disconnected, lonely, or feeling like a failure, it will be very difficult for them to achieve to their highest capability. We have the ability in our schools and community to help work on these items and to change life trajectories. It often takes commitment, creativity, connections, and kindness, but the reward and payoff is so amazing!”

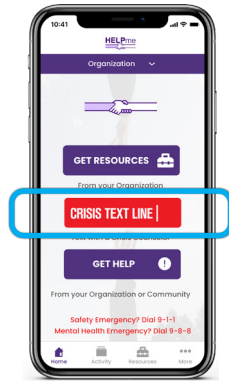
Dr. Bryan Perlman, Author,
Maslow Before Bloom



Connect to Basic Needs Resources

We understand that basic needs are fundamental to mental health and wellbeing.

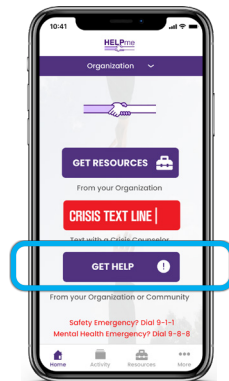
- Food and housing insecurity are strongly related to depression, anxiety, eating disorders, suicidal ideation, and other mental health issues.
- A negative stigma is often associated with utilizing basic needs services, experiencing basic needs insecurity, or even talking about money.
- The inability to afford basic needs has been widespread among households since the pandemic began.



Immediate 24/7 Crisis Support

We know that suicides are more likely to occur after midnight.

- 65% of texters who engage in conversations with Crisis Text Line counselors are sharing something for the very first time.
- There were 15,676 conversations last year in which a texter mentioned they had a suicidal thought, a plan, and wanted to make a suicide attempt within 48 hours.
- During the past two years, there has been a substantial increase in conversations surrounding anxiety, grief, eating disorders, and body image issues.



Two-Way Communication with School

We encourage student connectedness and a culture of helping others

- The CDC's director of the division of adolescent and school health, said student well-being is significantly better for kids who report feeling connected to their schools.
- "We know that when kids are mentally well, they're much more likely to attend school and do well in school," said Sharon Hoover, co-director of the National Center for School Mental Health.

