



# HOPE & HEALTH RESOURCES

## Wellness Matters

Greetings, NMS families... We hope you are staying safe and hopeful. In addition to being in the middle of a pandemic, we acknowledge that the holiday season can be especially hard. For this reason, we'd like to share some helpful resources and information regarding wellness and support. We are blown away by the strength and resilience we've seen so far in our students, families and community. Let's continue to extend grace, hands and hearts as we grow stronger together.

*“In the depth of winter, I finally learned that within me there lay an invincible summer.” – Albert Camus*

If you are experiencing any of the following:

- Persistent feelings of sadness, emptiness, hopelessness
- Lack of interest or pleasure in normal activities
- Sleep disturbances, including insomnia or sleeping too much
- Anxiety, agitation or restlessness
- Feelings of worthlessness or guilt
- Trouble thinking, concentrating, making decisions and remembering things
- Reduced appetite and weight loss
- Frequent or recurrent thoughts of self-harm, death, suicidal thoughts or suicide attempts
- Tiredness or lack of energy, so even small tasks seem huge
- Angry outbursts, irritability or frustration, even over small matters...

please reach out for help and support (We have listed numbers above).

Click here for lots of local resources: [HOPE&HEALTH](#)

**National Suicide  
Prevention Lifeline:  
800-273-8255**

**Options Mental  
Health: 541-476-2373**

**North Middle School  
Counseling Center:  
541-474-5740, ext.  
40104**



**For a place to help  
calm down, click the  
image above.**