

Your EAP|Here4TN! for you and your family

PARTNERS
FOR HEALTH
EMPLOYEE
ASSISTANCE
PROGRAM

Bullying Awareness: What Parents Can Do

Bullying behavior—whether it is physical abuse or a less direct forms of intimidation—seems to have been around in schools forever. However, today we know more about how common bullying is and how much it can harm victims long-term. One in three children report having been bullied at school. Parents can serve as a front line of support and can speak with children about bullying. Some tips for speaking with children include:

- **Look for the warning signs**—Your child may be a victim of bullying if you see signs such as withdrawal from interaction with friends and family, hesitation to attend school, or loss of interest in typical activities.
- **Keep the dialogue open**—Ask your child each day about classroom activities, peer relations and any problems he or she may have. Bullied children may be too embarrassed to report abuse, so it is vital to listen closely and step in if you suspect bullying.
- **Have a safety strategy**—Teach your child non-violent ways to deal with bullies, like walking away or speaking to an adult about the situation. Instruct them to immediately go to a teacher or administrator if threatened.
- **Work with the school**—Many schools have anti-bullying awareness events and policies. If your child's school does not have such a program, encourage the school administration to develop one.
- **Build resilience and confidence**—If your child is struggling with the effects of bullying, a mental health professional such as a psychologist or social worker can help him or her build resilience and confidence..

Sources: National Crime Prevention Council,
American Psychological Association, U.S. Department
of Health & Human Services/StopBullying.gov.

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1.855.Here4TN (1.855.437.3486)



Part of maintaining your family's health is being aware of risks to their well-being and to yours. This month we look at two types of abusive behavior that are unfortunately quite common in modern life: bullying and domestic violence. Regardless of where they occur, bullying and domestic abuse can have a devastating impact on you and your loved ones. We also look at a condition that can both predate and result from violence: depression.

You and your family members can contact the ParTNers EAP to obtain assistance in handling life challenges such as mental health problems and the aftermath of violence. By calling **1.855.Here4TN (1.855.437.3486)** toll-free, you can access confidential in-person and telephonic counseling at no cost to you, 24 hours a day. In addition, the www.HERE4TN.com website offers helpful ideas, resources and information for keeping your family healthy and safe.



Visit www.Here4TN.com now!

Depression Awareness

Health screenings can help spot the early signs of illness, whether the screenings are for diabetes, heart disease, high blood pressure or depression. Depression is a real and treatable illness, but it is important to take the first step and gauge the potential presence of symptoms. Like screenings for other illnesses, depression screenings should be a regular part of one's health care. Depression is the leading cause of disability in the United States that affects 9.9 million American adults, or 5 percent of the adult population, each year.

The Importance of Depression Screening

Depression impacts men and women of all ages, races and socioeconomic groups. However, only one-third of people get the treatment they need; they often suffer for no reason.

It is important to know that depression is very treatable. Approximately 80 percent of people with depression recover successfully. Through psychotherapy, medication, or a combination of both, people in treatment usually feel better in a few weeks.

Thursday, October 9, 2014 is National Depression Screening Day

On this day, behavioral health clinicians volunteer their time to administer free, confidential questionnaires to anyone interested in learning whether they are at risk for depression or related mood and anxiety disorders. Screenings are held at health care facilities, malls, libraries, colleges, senior centers, etc. If you would prefer to complete a confidential depression self-assessment, you can readily access such a tool online. To take a confidential online screening by visiting our website at www.HERE4TN.com. Click on "Depression Screening".

If you or a family member is struggling with depression, don't go it alone. Depression is a medical condition, and like any other medical condition, you need the help of a health professional. You can seek help through your ParTNers EAP at 1.855.HERE4TN (1.855.437.3486) or through a primary care physician or a mental health provider.



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Signs of Depression

Recognizing the signs of depression can make a difference. Children and adults may show different symptoms and signs of depression. Here are symptoms for both adults and children:

Adults

- Feeling hopeless
- Sad, anxious or feeling empty
- Difficulty concentrating
- Difficulty sleeping or excessive sleeping
- Excessive crying
- Loss of interest in activities previously enjoyed

Children & Teens

- Poor performance in school
- Constant worrying
- Efforts or threats of running away from home
- Angry or aggressive behavior
- Use of drugs or alcohol
- Social Isolation
- Overly sensitive, fear of rejection or failure
- Reckless behavior

Recognizing Domestic Violence

October is Domestic Violence Awareness Month. Although it may be easier to think that domestic violence happens only to other people, it happens in our own neighborhoods and families. Millions of women in the U.S. suffer violence at the hands of their husbands, boyfriends or partners each year. Victims of domestic violence come from all walks of life, cultures, income groups, ages and religions. They typically share feelings of helplessness, isolation, guilt, fear and shame.

Most often, domestic violence is about control. Abusers can control their victims using many different tactics, such as:

- Isolation from family or friends
- Emotional abuse (mind games, name-calling or put-downs)
- Economic abuse (withholding money or preventing the victims from having money)
- Intimidation
- Sexual assault
- Actual or threatened physical harm

Someone who is a potential victim of domestic violence may exhibit the following signs:

- Constant complaints about aches and pains
- Unexplained cuts or bruises
- Not allowed to use the phone
- Forbidden from seeing friends unless partner is present
- Little or no control over household finances
- Not allowed to make decisions
- Absenteeism from work
- Withdrawal from social situations



Getting Help

If you think that you may be a victim of domestic violence, remember that it is not your fault. You can call your ParTNers EAP toll-free at 1.855.Here4TN (1.855.437.3486).

You can also access the following contacts for help and information:

- If you are in immediate danger, dial 911.
- *Tennessee Statewide Domestic Violence Hotline*—call 1-800-356-6767.
- *National Domestic Violence Hotline*—call 1-800-799-SAFE (7233) or TDD/TTY 1-800-787-3224.
- *Safe Horizon*—safehorizon.org, or call Safe Horizon's Domestic Violence Hotline at 1-800-621-HOPE (4673).
- *Battered Women's Justice Project*—www.bwjp.org; or call 1-800-903-0111.
- *Futures Without Violence*—www.futureswithoutviolence.org.