



## **SAN LEANDRO UNIFIED SCHOOL DISTRICT**

Dear Parents/Guardian,

After experiencing an unexpected tragedy, expect your child to experience some normal grief reactions, including the following:

- Sudden change in your child's behavior (i.e. becoming significantly more energetic or depressed than usual).
- Loss of sleep and/or sleeping excessively.
- Decrease or increase in appetite or sudden weight loss/gain.
- Withdrawal/Isolation.
- Irritability/Anger.
- Crying.
- Preoccupation with themes of death/dying.
- Loss of motivation (towards school work or normally pleasurable activities).

However, should these behaviors persist beyond a few weeks, we encourage you to consult with your family doctor, counselor and/or any of the counseling contact we have provided.

In addition, should your child display any of the following behaviors, seek crisis support immediately.

- Talk of self-harm/ending own life.
- Giving away personal items.
- Saying goodbye to loved one.

### **24 Hour Crisis Lines**

Girls, Inc. Crisis Hotline: 1-800-843-5200  
Alameda Crisis Hotline: 1-800-301-2131

### **Long-Term Counseling Resources**

Girls, Inc.: (510)357-5515  
Davis Street Counseling: (510)347-4620  
Family Service Counseling Center: (510)483-6715