



Central Texas
College
SEAP/SARC
NEWSLETTER
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WELCOME

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THE POWER YOU HAVE OVER BULLYING

Finish Reading On Page 2-4



SUICIDE PREVENTION MONTH:

New Resources and Events

To continue to raise awareness and share messages of hope and help during National Suicide Prevention Month, SEAP/SARC has new resources and upcoming events to share. Finish Reading On Page 5-7



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What is Bullying?

Bullying is a repetitive and intentional behavior that involves an imbalance of power between the perpetrator and the victim. It can take many forms, including physical, verbal, social, and cyberbullying. Bullying can occur in any setting, but it is most prevalent in schools, where students are more likely to interact with each other on a regular basis.

Bullying can have serious psychological and emotional consequences for the victim, including depression, anxiety, and social isolation. It can also impact their academic performance and attendance. For the perpetrator, bullying can lead to disciplinary action, legal consequences, and long-term negative effects on their relationships and future opportunities.

It is important to understand that bullying is not a normal part of growing up and should not be tolerated. Students, staff, and faculty all have a role to play in preventing and addressing bullying in their schools. This includes creating a positive and inclusive school culture, educating students on the effects of bullying, and providing resources for reporting and managing incidents of bullying.

What is Cyber Bullying?

Cyberbullying is a form of bullying that takes place online or through electronic communication. It can occur through social media platforms, text messages, emails, online forums, and other forms of digital communication. Cyberbullying can be just as harmful as traditional bullying, and in some cases, it can be even more destructive because it can be done anonymously and can reach a larger audience.

Examples of cyberbullying include sending hurtful messages, spreading rumors or lies about someone online, posting embarrassing photos or videos, making threats, or impersonating someone.

Cyberbullies may also use exclusion or manipulation tactics to control or harm their targets.

It is important to remember that cyberbullying is not just a problem for young people. Adults can also be victims of cyberbullying, and it can have serious consequences for their personal and professional lives.

One of the biggest challenges of cyberbullying is that it can be difficult to identify and address. Because it often takes place online, it can be harder to track down the perpetrator and hold them accountable for their actions. Victims may also be reluctant to report cyberbullying due to fear of retaliation or embarrassment.





THE POWER YOU HAVE OVER BULLYING

SEAP/SARC provides support for those who have experienced bullying. This could include counseling, mediation, and other resources to help students cope with the effects of bullying.

Addressing Cyber Bullying

If cyber bullying does occur, it is important to take action. The first step is to report the incident to a trusted adult or the school administration. Students should be encouraged to speak up if they witness cyberbullying happening to someone else as well.

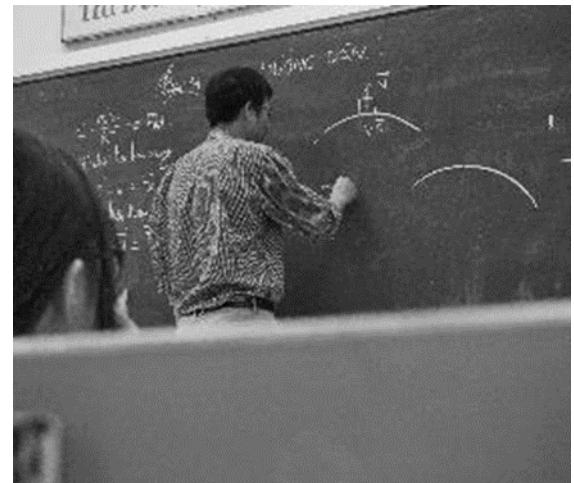
The CTC college has clear policies and procedures in place for addressing cyberbullying and this includes consequences for those who engage in cyberbullying behavior, as well as support for those who have been impacted by cyberbullying.

SEAP/SARC provides resources and support for students who have been affected by cyberbullying. This includes counseling services, peer support groups, and access to mental health professionals.

How to Report Bullying

Bullying is a serious issue that affects many students, staff, and faculty members in schools and universities. It can cause emotional and psychological harm, leading to long-term consequences such as depression, anxiety, and even suicide. Therefore, it is essential to know how to report bullying effectively to prevent it from occurring.

If you or someone you know is being bullied, it is essential to report it immediately to a trusted adult, such as a teacher, guidance counselor, or campus police. Reporting bullying can be scary, but it is necessary to take action to stop it.



Here are some steps you can take to report bullying:

1. Keep a record of the bullying incidents: Write down the details of the bullying incidents, including the date, time, location, and what happened. This information will be helpful when reporting the bullying to college authorities.
2. Talk to a trusted adult: Speak to a teacher, guidance counselor, or campus police officer about what is happening. They are trained to handle bullying incidents and can provide you with support and guidance.
3. Provide evidence: If possible, provide evidence of the bullying, such as screenshots of social media posts or messages, or a video recording. This will help school authorities understand the severity of the situation.
4. Follow up: If you report bullying and nothing is done, don't give up. Follow up with the person you reported it to and ask for an update on the situation. If necessary, you can also take the matter to a higher authority.

Remember, reporting bullying is not tattling or snitching. It is standing up for yourself or someone else who is being mistreated. By reporting bullying, you are helping to create a safer and more inclusive environment for everyone in your college.

In conclusion, reporting bullying is crucial to prevent it from occurring. It is essential to keep a record of the incidents, talk to a trusted adult, provide evidence, and follow up. By taking these steps, you are helping to create a safer and more inclusive environment for everyone



Mission

Central Texas College provides accessible, equitable and quality educational opportunities that promote student success, completion and employability.

How to Help Someone You Know

September is Suicide Prevention and Awareness Month



SEAP/SARC is not a crisis center. If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the [988 Suicide & Crisis Lifeline](#) is available 24/7. You can call or text 988 or use their [chat service](#).

In recognition of National Suicide Prevention

Awareness Month in September, the SEAP/SARC:

September the 13th - Let's Talk About Suicide Anderson Center

CTC YouTube Podcast discussing Suicide and its Prevention.

September 21st, 2023 we participated with the students of NET IMPACT talking about Suicide Prevention and Awareness.

These events are a great opportunity for Central Texas College students, staff, and faculty to learn more about Suicide Prevention and the resources available and to provide our community with the resources to help bring awareness and help support those who have been affected by suicide. Attendees learned how to connect with, understand, and assist persons at risk for suicide. **Please Remember that SEAP/SARC is your student, employee, and faculty mental health counseling service” THERE IS NO CHARGE”**

**A promise for tomorrow:
I promise to be here for my
friends. I will watch any**

Warning Signs of Suicide

Contact a mental health professional or hotline if you hear or see someone exhibiting one or more of these behaviors:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

**behavior that concerns me and
I will Talk, Listen, and Respond.
I Won't Be Silent.**



What To Do If You Are Struggling

Suicide Crisis Info

Use this list of helpline resources if you or someone you know is suicidal.

USA

988 Suicide and Crisis Lifeline (USA): Dial 988
| 988lifeline.org

Trevor Project-LGBT Youth (USA): 1-866-4-U-Trevor
Crisis Text Line: Text "SAVE" to 741-741

International

24/7 Samaritans Hotline(UK): 116 123 [samaritans.org](https://www.samaritans.org)
Befrienders Worldwide-Search for helplines
worldwide: [befrienders.org](https://www.befrienders.org)

Why talk about suicide?

1. It's a leading cause of death.

Suicide is a serious public health issue that impacts all of us. Over 800,000 people die worldwide every year, and hundreds more are impacted. The more we can talk safely and openly about suicide in research, in the media, in entertainment, and in interpersonal connections, the more attention this important topic will get until we can find solutions that prevent more suicide deaths.

2. We can dispel myths and stereotypes.

We all have heard common myths about all kinds of topics. Suicide is no different. By learning what myths are out there, you can be more educated on the topic and stop the perpetuation of unhelpful and sometimes harmful myths and stereotypes about suicide and people living with mental illness.

3. Reduces negative stigma.

The more we talk about suicide, the more we can break down stigma, which remains a major barrier to getting help for those struggling with suicidal thoughts or behaviors. There are lots of ways we talk about suicide.

4. It's an opportunity to educate.

Most of us don't think about suicide until it impacts our lives. This can change with efforts to educate entire communities about mental health and suicide. Education is a key component to preventing more suicide deaths.

5. The bottom line...talking about suicide can save lives.

Emergency Warning Signs

Call 911 or the emergency service number of your country if you see or hear the following:

Someone threatening to hurt or kill themselves or talking of wanting to die.
Someone looking for ways to kill themselves by seeking access to weapons or other lethal items (this can be online searches or physically looking for something in the moment of despair).
Someone talking or writing about death, dying, or suicide.

