

CALL 988

CLASSROOM TOOLKIT



Behavioral Health System
Baltimore

About This Toolkit

This toolkit helps students feel comfortable reaching out for emotional support when they need it.

Schools can use the toolkit activities and materials to help students understand their emotions and identify coping strategies. It also lets them know that CALL 988 is available to help.

CALL 988 is a free, confidential helpline for whatever students are going through – whether it's a bad day, a breakup, or a serious emotional crisis. Students in Central Maryland can call, text or chat online with 988 specialists. Calls are free, confidential, and available 24/7.

The materials and activities are research-based and were co-created with Baltimore tweens and teens in a partnership between the PLC Adolescent Clubhouse and Behavioral Health System Baltimore.

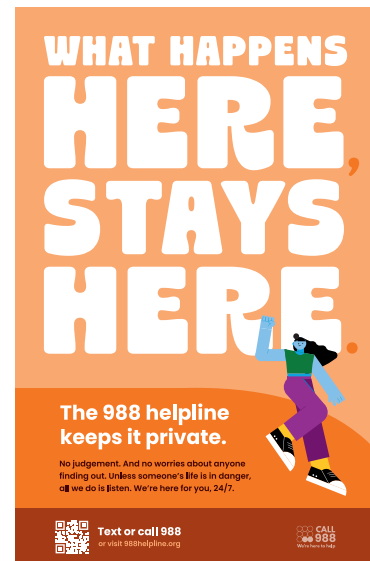
Thank you for sharing this resource with your students. Together, we can help Baltimore youth lead healthy, resilient lives.

CALL 988 PROMOTIONAL MATERIALS

One easy way to support students' mental and emotional health? Make sure they know about CALL 988. These materials will help your school do just that.

CALL 988 Promotional Materials

Printed versions of these materials have been shipped to your school. For information on printing additional materials, contact communications@bhsbaltimore.org.



Posters for high-visibility areas.



Stickers for students.

FACILITATED ACTIVITIES

The following activities help students learn to express their feelings and understand that it is normal to experience a range of emotions. These are important first steps in building the resilience and coping skills that students will need throughout their lives.

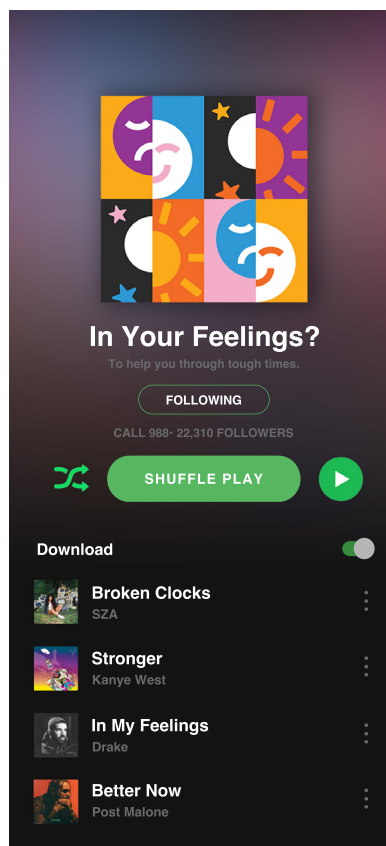
Facilitated Activity:

The “In Your Feelings” Playlist

What It Is: Students make individual playlists with songs that help them cope with common emotions.

How It Works:

- The facilitator asks students which positive and difficult emotions they deal with most often.
- Students will make two playlists: one for the top positive emotion, one for the top difficult one.
- Students will add the songs they use to cope with positive and difficult emotions to their individual playlists.



Facilitated Activity:

The “In Your Feels” Playlist

How To Facilitate:

- In a group setting, ask students which positive and difficult emotions they deal with most often.
- Tell the students that each person will make two playlists during this activity. One will include songs they can listen to when they’re feeling positive emotions. The other will include songs that can help them feel better when they’re dealing with difficult emotions.
- Students can make these personal playlists for free through a music platform of their choice – Spotify, Apple Music, or YouTube. If a student does not have access to any of these platforms, they can write out the songs on paper.
- After students have created their playlists, ask if anyone wants to discuss the songs they chose with the group.
- End the activity by explaining that students can text or call 988 anytime they need help dealing with problems big or small. It’s a helpline. When you text or call, a counselor will listen and help you figure out how to deal with what you’re going through. It’s free and available 24/7.

Facilitated Activity:

Emo Bingo

























What It Is: Students play BINGO focused on common emotions they deal with.

How It Works:

- The facilitator calls out specific emotions. Students mark an "X" on any square that is called out.
- Once a student wins, they receive a small prize and the facilitator leads a discussion.
- The discussion focuses on talking about the emotions that were called out, how students cope, and noting that 988 is always a resource.

EMO BINGO

Put an "X" on the squares below as they're called out.
When you cross out five in a row, yell **"BINGO!"** – you've won!

 Anxious	 Happy	 Stressed	 Lonely	 Nervous
 Sad	 Overwhelmed	 Excited	 Family Drama	 Annoyed
 Lost A Loved One	 Stressed About School	TEXT OR CALL 988	 Being Bullied	 Had A Bad Day
 Confident	 Worried About Money	 Proud	 Angry	 Bored
 Not Fitting In	 Frustrated	 Surprised	 Stressed About The Future	 Tired

Need help dealing with tough feelings?
Text or call 988 for free, emotional support, 24/7.

Facilitated Activity:

Emo Bingo

How To Facilitate:

- When you print out the EMO BINGO cards, please note that there are several versions. Be sure to use different versions to avoid a scenario where all students have the same card.
- The facilitator calls out the emotions on the card in a random order.
- Students should mark an “X” on any square that is called out.
- A student wins if they mark an “X” in every square in a row. The row can be horizontal, vertical, or diagonal.
- After the game is complete, facilitate a conversation. Ask the students to talk about how they cope when they experience the emotions that were called out.
- End the activity by explaining that students can text or call 988 anytime they need help dealing with problems big or small. It’s a helpline. When you text or call, a counselor will listen and help you figure out how to deal with what you’re going through. It’s free and available 24/7.

Facilitated Activity:

Coping Art Project

What It Is: Students make art to express how they cope with emotions.

How It Works:

- The sheet asks students to identify a common emotion they deal with and draw how they cope.
- A note at the bottom mentions 988 as another coping resource.

What do you do when you're feeling _____ ?

Circle or write in an emotion on the blank line. Then draw how you deal with that emotion.

ANXIOUS *Happy* STRESSED Lonely Sad *Excited* OVERWHELMED



Need help with coping? Text or call 988, anytime. Learn more at 988helpline.org

CALL 988

NOTE: This is an example of the sheet when a drawing has been added. We have provided blank sheets for students to add their own drawings to.

Facilitated Activity:

Coping Art Project

How To Facilitate:

- Tell students that they will be drawing how they deal with common emotions.
- Students can either write their chosen emotion on the blank line at the top of the sheet or circle an emotion from the list provided.
- Students should draw how they cope with the emotion that they've selected.
- After students have completed their drawings, you can invite them to explain what they drew or offer to display their art (if they are comfortable with that).
- End the activity by explaining that students can text or call 988 anytime they need help dealing with problems big or small. It's a helpline. When you text or call, a counselor will listen and help you figure out how to deal with what you're going through. It's free and available 24/7.

