



SLCHS RESOURCES



Stressed? Sad? Exhausted and overwhelmed? Struggling with your mental health? Don't keep it to yourself! There are resources here at school to help you...

PRIVATE

Will not share your disclosures except on a "need to know basis," such as if you are making threats of harm, reporting being harmed, reporting violence, or disclosing anything that directly impacts your ability to be in school!

- Fr. Whitney, LPC (*anyone*)
fatherwhitney@slchs.org
- Mrs. Fournet (*last names A-J*)
kfournet@slchs.org
- Ms. Lockhart (*last names K-Z*)
jlockhart@slchs.org

OFF CAMPUS VIRTUAL RESOURCES

Suicide Hotline: 988

Substance Abuse & Mental Health Services Administration (SAMHSA)
Hotline: (800) 662-4357

Police: 911

TRUSTWORTHY

Though not bound by the same set of rules as counselors, doctors, and therapists... These resources can still help you!

- Teachers
- Coaches
- Officer Stubbs
- Any other staff member or adult you trust



DON'T FORGET: **PROTECT YOURSELF!**

It's ok to tell a friend that you can't help them because you're overwhelmed yourself. Be kind and help them find another resource that can help them!

Think of it this way... ***You can't give to others what you don't have for yourself.*** Self-care is not a selfish act, but a necessary and healthy one.

REMEMBER:

No one on campus can diagnose or treat a diagnosed issue. These resources are here to listen and preserve your wellbeing. For diagnoses and treatment you should always see your doctor!