



MENTAL HEALTH RESOURCES



Stressed? Sad? Exhausted and overwhelmed? Struggling with your mental health? Don't keep it to yourself! There are resources here at school and in the community 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
fatherwhitney@slchs.org
- Mrs. Fournet (last names A-J)
kfournet@slchs.org
- Mrs. Lockhart (last names K-Z)
jlockhart@slchs.org

TRUSTWORTHY

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.

OFF CAMPUS RESOURCES

Suicide Hotline: 988

Substance Abuse & Mental Health Services Administration (SAMHSA)

Hotline: (800) 662-4357

Police: 911

The C.A.R.T.

Scan the QR code to find Counseling Access, Resources, and Tools.



REMEMBER:

No one on campus can diagnose or treat a diagnosed issue. These resources are here to listen and preserve your wellbeing. For additional support, reach out to your medical doctor or mental health provider.