

Wellness Resources

HELP!
Right here.

School staff is here for you. We can encourage and support you to make healthy choices.

Your school counselor can provide personal counseling including:

- Coping strategies
- Stress management
- Guidance for how to help friends involved in risky behaviors
- Support in developing a lifestyle that enhances wellness

24/7 Resources

Sometimes people need help at night, on the weekend, or other times school is not in session. These resources are available to you during those times. Each is staffed by **trained** volunteers to assist you to get the help you need. All are based locally with the exception of the Crisis Text Line.

Suicide Prevention **1-888-233-0228**

Trained volunteers provide confidential, anonymous telephone counseling and referral information.

Crisis Text Line **741-741**

Text the word "Start". A trained specialist will provide secure counseling and referrals to additional resources.

ASK Teen Line **753-0797**

The Allied Services for Kids (ASK) can answer your questions. They provide support to teens and families in crisis.

School Safety Tip Line **758-SAFE** (758-7233)

Students can confidentially report concerns about school safety such as possible violence or incidents of harassment.

Other Resources:

Al-Anon /Alateen 758-6907
Support and hope for friends and families of substance abusers.
www.al-anon.alateen.org

Empower Yolo 662-1133 or 371-1907
Crisis support and information about domestic violence and sexual assault.
www.empoweryolo.org

Science-Based Facts about Drugs
www.teens.drugabuse.gov