

EMOTIONAL WELLNESS



Non-Emergency:

To reach someone at school (non-emergency):

- *Counseling Office*
- *Assistant Principal's Office*
- *Any Staff Member*
- *STOPit App: <https://appweb.stopitsolutions.com/login>*

The following agencies might be able to help:

- *Primary Care Physician*
- *El Dorado County Behavioral Health - (530) 621-6290*
- *El Dorado County Public Health Community Hub - 1 (800) 844-4491*
- *National Suicide Prevention Lifeline - 1 (800) 273-8255 or visit <https://suicidepreventionlifeline.org/>*
- *Crisis Text Line: Text HOME to 741741 for free or visit <https://www.crisistextline.org/>. They offer 24/7 crisis support in the U.S.*
- *NAMI (National Alliance on Mental Illness) - visit <https://namiel Dorado County.org/crisis-info/>*

If you or someone you know is in need of emotional assistance, please access one of the following resources:

24/7 Crisis Help Lines and Text Line:

- *Crisis Text Line - Text HELLO to 741741*
- *Youth and Teen Suicide and Crisis Hotline - 1 (888) 247-7717*
- *El Dorado County CRISIS HOTLINE West Slope - (530) 622-3345*
- *RAINN National Sexual Assault Hotline - 1 (800) 656-HOPE*
- *Trevor Lifeline for LGBTQ+ - 1 (866) 488-7386. They offer 24/7 support.*
- *Trevor Text TREVOR to 1 (202) 304-1200. Open M-F, 12:00-7:00 p.m. (Pacific Time).*

IF YOU HAVE A SERIOUS AND IMMEDIATE SAFETY CONCERN, CALL 911