Feeling: Stressed! Anxious! Depressed!

You Are Not Alone!

We Are Here For You.

Get Help For Yourself or A Friend Today.

Take the first step. Asking for help is a sign of strength.

Who Can I Talk Too?

San Diego High School:

School Counselors – SDHS Counseling Center

Wellness Center – Ms. Shelli in Room 108
Resources for Students!

Getting The Right Start!

National Alliance on Mental Illness!

Referral Services: 211 | 211.org

Suicide Prevention: 1-800-273-TALK (8255) | suicidepreventionlifeline.org

Self-Injury/Cutting: 1-800-366-8288 | selfinjury.com

Eating Disorders: 1-800-931-2237 | nationaleatingdisorders.org

Runaway Hotline: 1-800-231-6946 | 1800runaway.org

Child Abuse Hotline: 1-800-422-4453 | childhelp.org/hotline/

Sexual Assault Hotline: 1-800-656-4673 | rainn.org

Domestic/Relationship Violence Hotline: 1-800-799-7233 | thehotline.org

Trevor Hotline for LGBTQ Youth: 1-866-488-7386 | thetrevorproject.org

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline | samhsa.gov/find-help/national-helpline

Other resources for developing healthy lifestyles, including mental and emotional help: helpguide.org