



Whittier Union High School District

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...to achieve and maintain excellence. . .

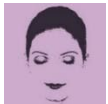
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March 13, 2020

As you know, students are not currently attending school. We have provided a list of resources available to you if you should need to speak with someone immediately. We know this is a time of uncertainty, which may cause anxiety. Continue caring for yourself by keeping a regular routine, eating well, sleeping on a regular schedule, and exercising outdoors, when weather permits. If you need to speak with someone, there are hotlines you may call. Some of these hotlines are available if you would simply like to talk with someone, other hotlines are available if you are in crisis. The apps below are available to provide further support and can be downloaded onto your phone. Additional community resources are available on your school website.

National Suicide Prevention Lifeline	24/7	1-800-273-TALK (8255)
National Suicide Prevention Lifeline (Spanish)		1-888-628-9454
The Trevor Project (LGBTQ)	24/7	1-800-488-7386
Teen Line (6pm-10pm)		1-800-852-TEEN (8336)
L.A Warm Line (10pm-6am)		1-855-952-9276
Self-Injury Foundation	24/7	1-800-334-HELP (4357)
Los Angeles County Mental Health Crisis Hotline		(800) 854-7771
Crisis Text Line		text LA to 741741
Life or Death Emergencies		911

Relaxation Apps



Take A Break



Headspace



Smiling Mind



Calm

Suicide Prevention Apps



My 3



Teen Line



Virtual Hope



Jason Foundation



Suicide Lifeguard



Stay Alive

Sincerely,
 Nesell Larios, LCSW, PPS
nesell.larios@wuhsd.org

Tanya Gavino De Flores, LSCW, PPS
tanya.gavinodeflores@wuhsd.org
 Student Well-Being Program

*It is the mission of the Whittier Union High School District to
 achieve and maintain excellence in providing a comprehensive education for all students.*