

Dear Kangs,

Thank you for your time and attention during the suicide prevention presentation. This email includes mental health resources and information to aid in suicide prevention. Please feel free to save this email!

- Click [HERE](#) to visit the LWSH Counseling website for mental health resources.
- Click [HERE](#) for even more information and resources to support mental health.
- Need to talk? Your school counselor is here for you.

If you need to talk to someone outside of school hours, please reach out to one of the **hotline phone numbers listed below.*

Counselor	Case load	Email
Lenore Gallucci	AAA-CLA	lgallucci@lwsd.org
Cameron Miller	CLE-GOO	cammiller@lwsd.org
Dawn LaMance	GOP-JAC	dlamance@lwsd.org
Cameron McGinnis	JAD-LAD	nmcginnis@lwsd.org
Taylor Reuhl	LAE-NGO	treuhl@lwsd.org
Kelsey Cummings	NGP-SIL	kelcummings@lwsd.org
Marilyn Hargraves (Department Chair)	SIM-ZZZ	mhargraves@lwsd.org
Lindsay McMeins	Mental Health Counselor	c-lmcmeins@lwsd.org

****FOR IMMEDIATE HELP CALL 911****

Hotlines to call:

- 24 Hour Crisis Line: 1-866-427-4747
- National Suicide Prevention Hotline: 1-800-273-8255
- Teen Link: 1-866-833-6546
- Crisis Text Line: Text-based support- Text “hello” to 741741
- Children’s Crisis Response Outreach Team: 206-461-3222
- The Trevor Project (LGBTQIA+ support): 1-866-488-7386

Resources from the presentation:

The Crisis Text Line is a free 24/7 text COVID-19, Resiliency, and **Mid-week Mindfulness** is taught by Hannah Harrison on Wednesdays

Get Help:

- I’m in immediate harm or danger
 - Visit your local emergency room:
 - Call 911
- I’m not in immediate danger, but I need someone to talk to
 - National Suicide Prevention Lifeline (available 24/7)
 - Call 1-800-273-8255
 - En Español: 1-888-628-945
- The Trevor Project
 - Call 1-866-488-7386
 - Prefer to text? Begin by texting START to 678678
- I’m not in immediate danger, and I’d rather text or chat online than talk
 - Crisis Text Line (available 24/7): Text “HOME” to 741741

- YouthLine: Text “teen2teen” to 839863
- imalive (available 24/7): To access online messaging, visit <https://www.imalive.org/>

Instagram accounts to follow:

- Thejasonfoundation1997
- Trevorproject
- Selfcareisforeveryone
- Ineedalighthouse

Suicide Prevention Apps:

- Jason Foundation: A Friend Asks (Android, iOS)
- MY3 (Android, iOS)
- ASK & Prevent Suicide (Android, iOS)

Crisis Resources/phone/text:

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line (available 24/7): Text “HOME” to 741741

Groups provided by Mental Health Social Workers

- Coping with Anxiety and Depression
 - Tuesdays, starting 9/15, 3-4pm
 - Questions? Email Suzanne Campiche at c-scampiche@lwsd.org
- Mid-week Mindfulness
 - Wednesdays, starting 9/16, from 10-10:30am
 - Questions? Email Hannah Harrison at C-HHarrison@lwsd.org
- Self Care and Coping with COVID 19
 - Thursday (starting September 24 from 2:30-3:30pm.
 - For questions, contact Lindsay McMeins at C-LMcMeins@lwsd.org

Social workers are available to support LWSH students and parents! During school days, feel free to reach out between 9 a.m. - 4 p.m.

- LWSH Social Worker: Lindsay McMeins at c-lmcmeins@lwsd.org