

Mental Health & Suicide Prevention

We are experiencing a once-in-a-century pandemic. Isolation is recommended. Mental Health issues abound. This is a very important time to check in on one another and talk with your children. Below are some resources that you can access for support and help.

For more information visit NASP – National Association of School Psychologists – [click here](#) or Washington State Office of the Superintendent of Public Instruction – [Click here](#)

For help:

- Benton Franklin Crisis Response – 509-783-0500
- Tri-Cities Community Health – 509-547-2204
- Lourdes Counseling Center – 509-943-9104
- Nueva Esperanza Counseling Center – 509-545-6506
- National Suicide Line 1-800-273-8255
- Text “Start” to 741741 or visit <https://www.crisistextline.org/text-us/> to chat with a trained volunteer crisis counselor
- WYSA Therapy Chatbot - <https://www.wysa.io/>