Hogan Preparatory Academy

WELLNESS RESOURCE CARD

- Immediate Emergency Assistance: 911 or 988 (Mental Health)
- National Suicide Prevention Lifeline (24/7) 1-800-273-TALK (8255)
- National Crisis Text Line (24/7) Text: HOME to 741741
- Findhelp.org/ Dial 211- comprehensive list of resources
- Love is Respect: Dating Abuse Helpline (24/7) Text: 1-866-331-9474
- The Trevor Project (24/7) LGBTQ Support (Ages 13-24) 1-866-488-7386
- Alcohol & Drug Abuse and Mental Health Services 1-800-662-4357
- National Domestic Violence Support (24/7) 1-800-799-SAFE Text: 88788

The "part" can never be well unless the "whole" is well. - Plato

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WELLNESS RESOURCE CARD

- National Human Trafficking Hotline (24/7) 1-888-373-7888
- COVID 19 Mental Health Support Line 1-833-986-1919
- American Pregnancy Helpline 1-866-942-6466
- National Runaway Safeline 1-800-786-2929
- Veterans Crisis Line (24/7) 1-800-273-8255
- School Violence 1-866-748-7047
- COVID 19 Mental Health Support Line 1-833-986-1919
- Disaster Distress Helpline 1-800-985-5990

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