

## Mental Health and Wellness Resources

Mental health and wellness is a key component in establishing and maintaining a healthy lifestyle.

### PSJA ISD Wraparound Services

Wraparound is a process of working with students and their families to build and enhance social emotional growth by connecting them to resources that meet their basic needs to succeed in school, careers, and life.

A high school counselor must refer students to counseling services with one of our Licensed Professional Counselors.

#### Services Offered

- Mental health and health needs
- Food insecurity
- Lack of stable housing
- Recreational services
- Domestic violence
- Student's emotional stability by parents' unemployment
- Legal and crisis support
- Self-actualization, relationship, and soft skills
- Other challenges that can have adverse effects on a student's readiness and ability to learn.

### Suicide Prevention

**\*\*\* If someone is in immediate danger, call 911 or go to the nearest emergency room. \*\*\***

- Suicide Prevention Resource Center: <https://sprc.org/populations/adolescents/>
- The Crisis Text Line: [www.crisistextline.org/](http://www.crisistextline.org/)
  - Text HOME to 741741 for free, 24/7 crisis counseling
- Suicide and Crisis Lifeline:
  - English: 1-800-273-TALK (8255)
  - Spanish: 1-888-628-9454
  - Tele-interpreters service available for over 150 languages
  - Online Lifeline Chat: [www.suicidepreventionlifeline.org/chat/](http://www.suicidepreventionlifeline.org/chat/)

### Mental Health and Wellness Resources

- Help Guide for Mental Health and Wellness: [www.helpguide.org](http://www.helpguide.org)
- National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)
- Anxiety and Depression Association of America: [www.adaa.org](http://www.adaa.org)
- National Eating Disorders Association: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- Partnership for Drug-Free Kids: [www.drugfree.org](http://www.drugfree.org)
- Vaping – What You Need to Know: [kidshealth.org/en/parents/e-cigarettes.html](http://kidshealth.org/en/parents/e-cigarettes.html)

### Teen and Parent Resources

- KidsHealth for Teens: [www.kidshealth.org/en/teens](http://www.kidshealth.org/en/teens)
- KidsHealth for Parents: [www.kidshealth.org/en/parents](http://www.kidshealth.org/en/parents)
- Technology Safety, Privacy and Security: [www.connectsafely.org](http://www.connectsafely.org)
- Safety Tips for Teens: [www.safekids.org](http://www.safekids.org)

### LGBTQIA+ Resources

- LGBTQ Family Acceptance: [www.lgbtqfamilyacceptance.org/](http://www.lgbtqfamilyacceptance.org/)
- LYRIC Center for LGBTQQ+ Youth: [www.lyric.org](http://www.lyric.org)
- Outlet - a program of Adolescent Counseling Services: [www.acs-teens.org/what-we-do/outlet](http://www.acs-teens.org/what-we-do/outlet)
- The Parents Guide to Supporting LGBTQIA+ Kids: <https://www.parents.com/parenting/dynamics/lgbtq/the-parents-guide-to-supporting-lgbtqia-kids/>
- COLAGE - Unites People with LGBQIA+ Parents/Caregivers: [www.colage.org](http://www.colage.org)

