



# WE ARE HERE TO HELP

## Emotional Support for YOU or YOUR FRIENDS

### **COUNSELING OFFICE**

*Start the conversation with your counselor about what you need and/or how to get help for you or your friends*

Where/Who: Counseling Office with Ms. Graves, Ms. Skinner, or Ms. Galindo

### **STUDENT WELLNESS CENTER**

*Emotional support for you or your friends*

Where/Who: T500-A

### **SMALL GROUPS**

*Workshops for academic skills, communication studies, writing, math, & more that provide more personalized support*

Where/Who: In-person and/or online (Zoom). Sign Up [Here](#)

### **AVUHSD Mental Health & Wellness Website**

*District resources to support you and your friends mental wellbeing*

Where/Who: <https://www.avdistrict.org/mhw/>

### **AVC Health & Mental Health Services**

*Student Health Services will provide medical, dental, vision and mental health services for students who are enrolled and attending classes.*

Where/Who: SSV 187 or <https://www.avc.edu/students/student-services/health-services>

### **SOLUNA**

*California's FREE mental health app. A place to destress and reset or Chat 1:1 with a coach*

Where/Who: <https://solunaapp.com/>

### **National Suicide Prevention Lifeline**

*Dial or text 988*

<https://suicidepreventionlifeline.org/talk-to-someone-now/>

### **AVC Basic Needs**

*connects students with resources that address students' needs*

Visit T-100 or <https://www.avc.edu/basic-needs>

### **Community Social Services & Local Food Pantries**

Dial 211 or visit [211la.org](http://211la.org)

### **Trevor Project Lifeline**

Call (800) 488 - 7386 or visit

<https://www.thetrevorproject.org/get-help-now>