



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. Como, Ms. Skinner, or Ms. De La Cruz

COMMONS/WELLNESS CENTER

Emotional support for you or your friends

Where/Who: SOAR Palmdale's Campus

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

Trevor Project Lifeline

Call (800) 488 - 7386 or visit

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