HBMS
Mental Health Resources

National Alliance on Mental Health Illness

Suicide Prevention Lifeline

RAINN

RAINN (Rape, Abuse & Incest National Network) is the largest anti-sexual violence organization in the United States. RAINN operates the National Sexual Assault Hotline (1-800-656-HOPE) in collaboration with more than 1,000 local sexual assault service providers nationwide. They also manage the DoD Safe Helpline, specifically supporting Department of Defense personnel. In addition to providing these critical services, RAINN implements programs aimed at preventing sexual violence, supporting survivors, and working to ensure that perpetrators face justice (RAINN, 2023).

Youth Grief Support

Greater Nashua Mental Health

Lynn Lyons

I AM CONCERNED ABOUT A FRIEND. WHAT DO I DO?

WHO CAN I TALK TO IF I AM STRUGGLING?

Tell a trusted adult! Every HBMS adult wants to support our students' well-being.

If it's an emergency, you can:

- Call **988**, the **988** Suicide & Crisis Lifeline, to talk with a crisis counselor.

or

- Go to your nearest emergency room.

The following 24-hour mental health resources are available:

- Text "**HOME**" to **741741**: Crisis Text Line to connect with a crisis counselor.

I, OR SOMEONE I KNOW, IS STRUGGLING WITH ADDICTION; WHAT DO I DO?

HBMS School Counselors/School Social Worker are here to support you in dealing with addiction. School Counselors offer individual ongoing support for students and families, as well as referrals to outside counseling and treatment programs.