



SUICIDE PREVENTION

**It's Okay to ask for Help
Mental Health Resources
for Yourself and Your
Friends.**

**HOPE
SQUAD®**



#HOPESQUAD

#YOUARENOTALONE

From the moment students walk through our doors, Lake Belton High School is committed to their success—academically, emotionally, and socially. This September, during Suicide Prevention Month, we want to reaffirm that commitment and honor our students by making it clear: You are not alone. Your well-being is our top priority.

Our school is more than just a place for learning; it's a community built on a foundation of support. We believe in creating a space where every student feels seen, heard, and valued. We want you to know that it's okay not to be okay and that there are caring adults and resources here to help.

At Lake Belton High School, we're proud to have a dedicated team of counselors and staff who are always ready to listen and assist. Their commitment to your mental health and emotional well-being is unwavering. This year, we are also incredibly proud of our student-led Hope Squad, a group of students nominated by their peers who are trained to be a listening ear and help connect their fellow students with the support they need. Together, our staff and students are fostering a culture of compassion and proactive support. Mental health is just as important as physical health, and we encourage open conversations about it. This month and every month, we stand with our students to promote hope, resilience, and connection.

If you or someone you know is struggling, please reach out. You can talk to a trusted teacher, a school counselor, a member of the Hope Squad, or any staff member. You can also contact the 988 Suicide & Crisis Lifeline by calling or texting 988 anytime. We are here for you, and we are here to help.



**SUICIDE
PREVENTION**
AWARENESS MONTH