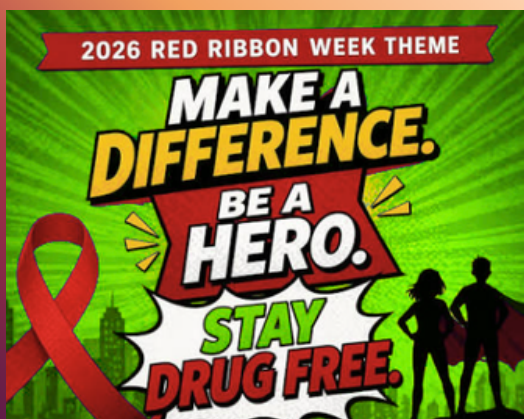


Dinuba High School Aware & Connect NEWSletter



Make Healthy Choices. Stay Drug Free.



This October, challenge yourself to:
Make healthy choices.
Support your friends.
Ask for help when you need it.
Stay informed.
Stay drug free.

Hotlines:

- Substance Use Disorder Access Line:
1-866-732-4114
- Crisis Text Line: Text **HOME** to **741741**
- 211 Referral Line:
211 or 1-800-283-9323
- National Suicide Prevention Lifeline:
988
- SAMHSA National Hotline:
1-800-662-4357
- CWS/Child Abuse Hotline:
1-800-331-1585
- Tulare County Warm Line:
1-877-306-2413
- Poison Control Line:
1-800-222-1222



Aware & Connect

Campus Phone:

(559) 595-7220 Ext. 8319

Campus Location: O-102

Email: amanda.soto@dinuba.k12.ca.us

Dinuba High School will be celebrating

Red Ribbon Week: October 26th - 30th 2026

The theme of this year's National Red Ribbon Week Campaign is
"Make A Difference. Be A Hero. Stay Drug Free.™"
Lots of fun activities throughout the week! Stay Tuned...

Dose of Awareness



- SAMHSA identifies supportive relationships and connections with family, peers, schools, and communities as important protective factors that can reduce the likelihood of substance use.
- Prevention efforts strengthen these protective factors while reducing risk factors and building resilience.
- Talk with a counselor, social worker, school wellness staff member, trusted adult or another supportive person who can help connect you with resources.

ONLINE RESOURCES

E-cigarette Use Among Youth

Protecting Youth From the Harms of Vaping

Coping with Stress without smoking

