

[www.tampabaythrives.org/our-work/mental-health-services/](http://www.tampabaythrives.org/our-work/mental-health-services/)

Let's Talk (844-You-Okay) is a confidential navigation line that provides support for mental health concerns and addictions. Counselors offer coping techniques, referrals to local providers, and connections to peer support, and take into account callers' needs and preferences.



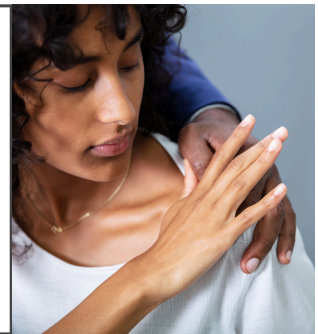
[WWW.988LIFELINE.ORG](http://WWW.988LIFELINE.ORG)

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING OR IN CRISIS, HELP IS AVAILABLE. CALL OR TEXT 988 OR CHAT 988LIFELINE.ORG



[WWW.ONLINE.RAINN.ORG](http://WWW.ONLINE.RAINN.ORG)

NATIONAL SEXUAL ASSAULT HOTLINE. FREE. CONFIDENTIAL. 24/7. CALL 800-656-HOPE OR CHAT ON THE LINK ABOVE.



[WWW.THETREVORPROJECT.ORG](http://WWW.THETREVORPROJECT.ORG)  
THE TREVOR PROJECT | FOR YOUNG LGBTQ+ LIVES

CALL, TEXT, OR CHAT WITH US ANYTIME YOU NEED SUPPORT. IF YOU ARE THINKING ABOUT SUICIDE, OR FEELING LONELY, WE'RE HERE TO LISTEN.

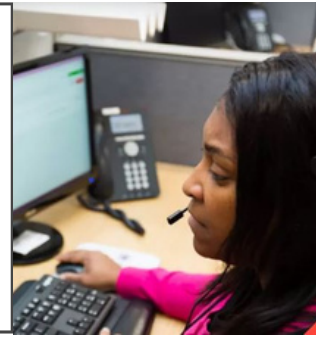


[WWW.HUMANTRAFFICKINGHOTLINE.COM](http://WWW.HUMANTRAFFICKINGHOTLINE.COM)  
CALL 1-888-373-7888. TEXT 233733.

IF YOU OR SOMEONE YOU KNOW IS A VICTIM OF HUMAN TRAFFICKING, CALL NOW.



WWW.211.ORG  
CALL 211 FOR ESSENTIAL  
COMMUNITY SERVICES | UNITED  
WAY 211  
211 CONNECTS YOU TO EXPERT, CARING  
HELP. EVERY CALL IS COMPLETELY  
CONFIDENTIAL.



## Who can help in school:

### School Counselors-

Ms. Knott  
Ms. Caban  
Mr. Mazard  
Ms. Odom  
Ms. Uppercue  
Mr. Dagostino

### School Social Workers-

Julie Dumois-Sands  
Christine Parks

## What can we help with?

If you or a friend are struggling with thoughts of hurting yourself or others, mental health issues, are being hurt or need things like food, clothes, housing, school supplies, a computer for school to help with school work, feeling overwhelmed- anything!

## How can you talk to one of us?

Wish to See Forms can be obtained from any of your teachers and in guidance, or you can message your trusted guidance counselor in Canvas to make an appointment. Only urgent matters will be addressed immediately. Be sure to specify that you need immediate assistance.

### Limits of confidentiality

Everything you tell us is confidential unless you are thinking about hurting yourself or someone else, someone is hurting you, or you give permission to share with a trusted adult.

YOU MATTER.