




Student Resources

	<p>"A Friend Asks" App Would You Know How to Help a Friend Who is Contemplating Suicide? "A Friend Asks" is a FREE smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide. Download the app today and encourage friends and family to do the same. Education is the key to prevention and with information like this as close as your smartphone; you could help save a life! www.jasonfoundation.com</p>
	<p>Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. Here's how it works: Text HELLO or HOME to 741741 from anywhere in the US, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds quickly. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. www.crisistextline.org</p>
	<p>Teen Lifeline: You're not alone. We're here to listen and to help. At Teen Lifeline, teens can talk to someone their own age who understands what they are going through because they have gone through it too. The hotline is supervised by a Master's level Clinician and is available 24/7. Peer Counseling, and our brand-new text messaging service, is available daily from 3:00 to 9:00 pm with after-hours support provided by Crisis Response Network. In Maricopa County: 602-248-8336 (TEEN) Statewide in Arizona: 800-248-8336 (TEEN) www.teenlifeline.org</p>



Crisis Response Network

When life is overwhelming, if someone is worried about a loved one, or if someone just needs to talk, Crisis Response Network provides immediate and confidential help.

Our goal is to empower transformation from HOPE to HEALTH. Everyone faces crisis, but no one needs to go through it alone. Our experienced, professionally trained Crisis Specialists are ready to respond 24/7/365 to whatever crisis an individual is facing.

Crisis Line: (602) 222-9444 or (800) 631-1314

Warm Line: (602) 347-1100

www.crisisnetwork.org



La Frontera, EMPACT-SPC: 24-hour Crisis

Hotlines are available to callers who are feeling suicidal, find themselves in a crisis, or need a referral for services. Hotline services are available to all ages and populations within and outside of Arizona.

24-Hour Mobile Crisis Team assessment, intervention, support, and referral services are available at home or in the community. Services are available to all populations and ages within Maricopa County.

If you have questions or concerns about your safety or the safety of someone else, please call us.

EMPACT 24-hour Crisis Hotline (480) 784-1500

EMPACT 24-hour Crisis Hotline (855) 785-1500

www.lafrontera-empact.org



Who are the trusted adults in your life?

What friends are in your support network?

What helps you?

What brings you joy?

Image Credit: Sources of Strength