

STUDENT WELLNESS

1

STRESS & ANXIETY

- [Self-Care](#)(Breathing techniques,meditations, & stories)
- [Stress-or-Anxiety?](#)(Differences between stress and anxiety plus how to cope with it)
- [Ditch the Label](#)(Expert advice on bullying, mental health, identity, relationships, & more)
- [Anxiety Disorders](#)(Information on mental illness, mental health condition, signs & symptoms, & treatment)
- [Depression & Anxiety](#)(Association of America)
- [Crisis Text Line](#) (24/7)
- [Text-741741](#)

2

DEPRESSION & SELF HARM

- [7 cups therapy](#)(Online text therapy)
- [SiOS](#)(Self injury Outreach & Support)
- [Is it More Than a Bad Day?](#)(About Depression)
- [Suicide Is Preventable](#) (Warning signs someone is suicidal)
- [Suicide Lifeline](#) :938

3

LGBTQ+ RESOURCES

- [The Center CV](#) (LGBTQ+ Community center)
- [Bisexual Resource Center](#) (Connecting the bi community)
- [It Gets Better](#) (Non profit supporting all LGBTQ+)
- [Transgender Health & Wellness Center](#) (Transgender resource)
- [The Trevor Project](#) (LGBTQ+ peer support)
- [Gay and Lesbian](#)
- [National Hotline](#) :(800) 843-4564

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ADDITIONAL RESOURCES

- [Take my hand](#)(Chat with a peer support)
- [Love is respect](#)(Relationship advice plus unhealthy relationships)
- [Safe house of the desert](#)(Mental health and wellness services)
- [National Sexual Assault Hotline](#)
- [\(800-656-4673\)](#)
- [National Eating Disorders Association Helpline](#)
- [\(888-375-7767\)](#)



HEALTH ACADEMY



COACHELLA VALLEY HIGH SCHOOL



