Where can I get help?

School Based Health Center
- Physicals
- Check ups
- Insurance Help
- Toothache
- Depressed or Anxious
- Eye care

School Health Assistant
- First-aid
- Take Medicine
- Headache
- Fever
- Call Home

Sexual Health
- Health Screenings
- Sick

School Counselor
- Crisis
- Stressed
- Goal Setting
- Manage Feelings
- Conflict Resolution
- Academic Planning
- College/ Career Guidance

Trusted Adult
- Unsafe at Home
- Harm to others
- Personal Safety
- Self-harm
  text 741741
call 800-273-TALK

1-844-472-3367
safeoregon.com

Unsafe at Home
- Sick
- Lay Down
- Cuts
- Ice

Harm to others
- Personal Safety