

**Need Help?**

**You are not alone**

**Call or Text**

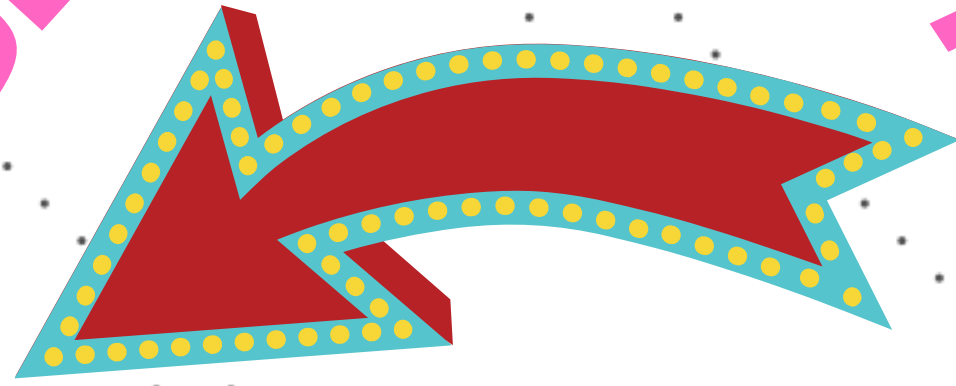


- Mobile Crisis Response Team- 775-688-1670
- Crisis Support Services of NV- 800-273-8255
- Text: CARE to 839863
- Suicide Prevention Hotline- 800-273-TALK
- SafeVoice- 833-216-SAFE (7233)  
[www. safevoicenv.org](http://www.safevoicenv.org)
- Reno Behavioral Healthcare Hospital-  
• 775-393-2201
- West Hills Hospital- 800-242-0478
- Renown Hospital- 775-982-5318
- St. Mary's Hospital- 775-770-3000
- Northern Nevada Medical Center- 775-331-7000

*\* Pause and remember, there is  
always hope... \**



# STUDENT SUPPORT APPS



**Nevada 211 Youth-** Focuses on youth resources including counseling, education, emergency food and shelter as well as youth employment. Free to download and can be searched based on zip code.

**SafeVoice NV-** provides students, parents, and community members a safe place to submit tips concerning their own safety or that of others. A fully trained professional team of experts responds in an appropriate manner 24/7/365. Tips always stay anonymous.



**MY3-** stay connected to your network when you are in a time of crisis with MY3. With MY3, you define your network, and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are feeling suicidal. \*Need access to contacts

**Mindshift-** Free self-help anxiety relief app that helps you reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax. \*Account set-up required



**24/7 Crisis Support Services**  
**800-273-TALK/ text CARE to 839863 or visit**

**PLEASE CALL THE WCSO SCHOOL COUNSELING & SOCIAL WORK DEPARTMENT FOR RESOURCES & SUPPORT**

**775-850-8012 MONDAY-FRIDAY**

**WWW.WASHOESCHOOLS.NET/DOMAIN/173**

