

## Support Resource Sheet

### Make it a priority to Support YOU.




*A Note from Mrs. Hayes, School Counselor*

Throughout the school year, there may be times that you notice that you are feeling overwhelmed, anxious, sad, or depressed. There are many circumstances that can contribute to these feelings. It is important that you know that there are supports available to you. You do not have to do this alone. Please reach out to others and ask for help. Below is a list of resources that are available to help you.

**School Counselor: Mrs. Hayes- [bhayes@armstrong.k12.il.us](mailto:bhayes@armstrong.k12.il.us)**

### All Teachers and Staff at ATHS

#### Here are a few apps to support your mental health:

-  Calm (#1 App for meditation and sleep)
-  Mind Shift CBT (for anxiety)
-  Happify (to promote improved mood) [happify.com](http://happify.com)

**Quick, accessible mental health support through a text or a phone call when you need someone to talk to right away:**

- **Dial 988 for The National Suicide Prevention Hotline**
  - 1-800-273-8255
  - [988lifeline.org](http://988lifeline.org)
- The Crisis Text Line- <https://www.crisistextline.org>
- <http://www.safe2helpil.com>

#### Schedule outpatient mental health support with professionals from our community/county:

Gateway Family Services in Potomac, IL (217) 488-8006

- [www.gatewayfamilyservices.org](http://www.gatewayfamilyservices.org)

Aunt Martha's in Danville (Counseling and other healthcare needs)

- [www.auntmarthas.org](http://www.auntmarthas.org) (217) 446-1300

Crosspoint Human Services in Danville, IL

- [www.crosspointhumanservices.org](http://www.crosspointhumanservices.org) (217) 442-3200 Crisis hotline

Center for Youth and Family Solutions, Danville, IL

- [www.cyfsolutions.org](http://www.cyfsolutions.org) (217) 443-1772

Rosecrance 1222 E Voorhees St Danville, IL 61832

- [www.rosecrance.org](http://www.rosecrance.org) (217) 477-4550



For a comprehensive list of supports in Vermilion County visit

<https://www.vercounty.org/wp-content/uploads/2021/01/Vermilion-County-Resource-List-Final-Edit-1-25-2021.pdf>

<https://vchelp.org>