

# Health & Wellness Referral

If you, or a student you know,  
needs help with, Depression,  
Trauma, Stress, Self-Harm,  
Anger Management, Anxiety,  
Loneliness, or anything else  
mental health related  
please scan the QR code  
and let us know.

Referrals can be anonymous.



Depression

Trauma

Stress

Self-Harm

Anger  
Management

Anxiety

Loneliness



For an immediate emergency call 9-1-1.

For serious emotional distress, you can call 1-800-273-8255

For general mental health help, you can call 1-877-726-4727

or Care Solace at [caresolace.com/hesperiafamilies](https://caresolace.com/hesperiafamilies)