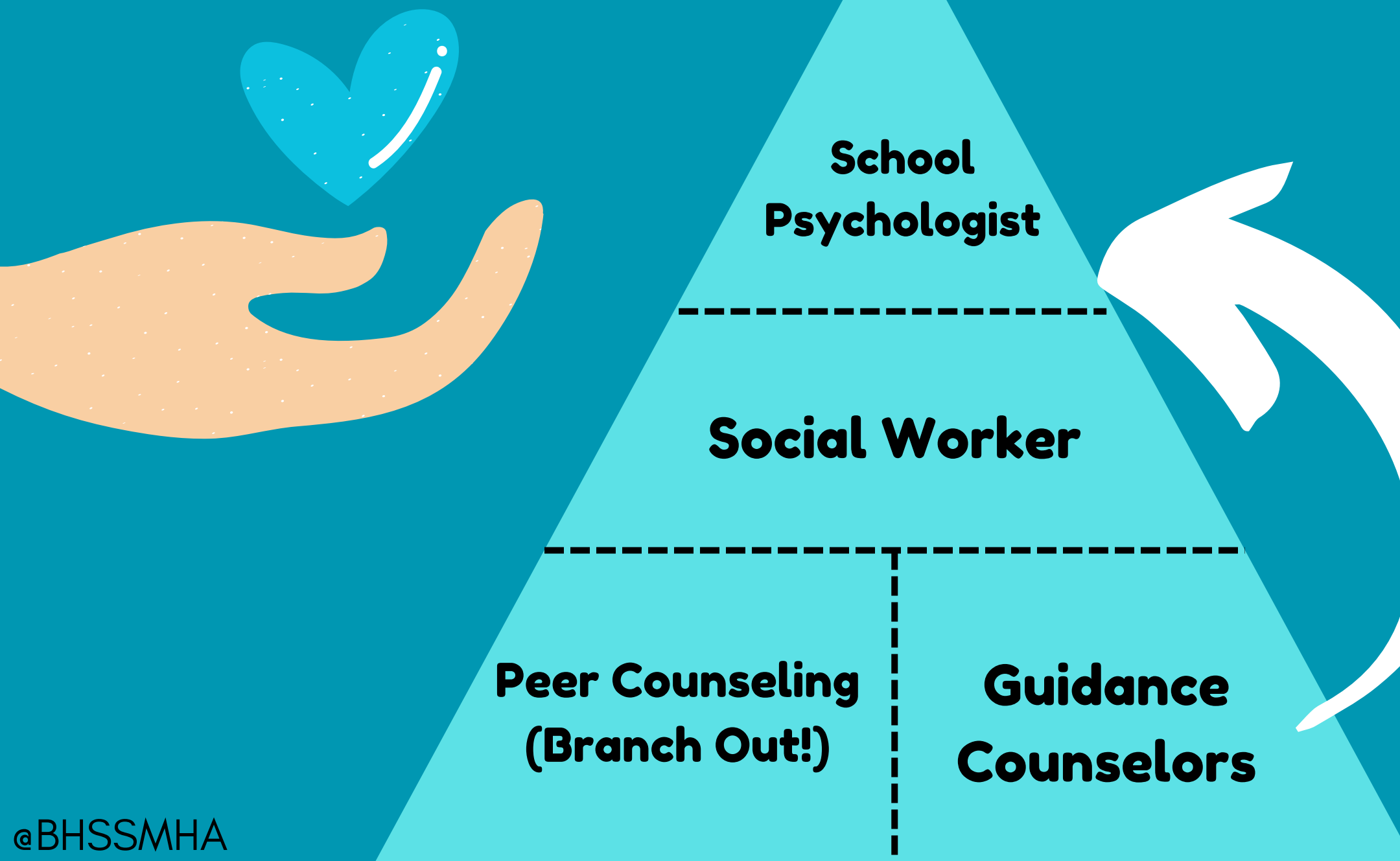


# mental health supports

AT BHS



**School  
Psychologist**

**Social Worker**

**Peer Counseling  
(Branch Out!)**

**Guidance  
Counselors**

# peer counseling

## **What is it?**

*A drop-in clinic where underclassmen can talk through problems with older peers*

## **Do you need a referral?**

*No! Walk in or email to connect*

## **What can this help with?**

*Academic advice, social concerns, peer conflicts, etc.*

# guidance counselor

## **What is it?**

*Every student has an appointed Guidance Counselor. They support their students in many ways!*

## **Do you need a referral?**

*Referrals are not required, and you might be able to just walk-in, but making an appointment is preferred!*

## **What can this help with?**

*Social-Emotional concerns, academic advice, and college/career counseling*

# social workers & school psychologist

## **What is it?**

*Faculty members who provide more structured, consistent mental health help.*

## **Do you need a referral?**

*Yes - referrals come from Guidance Counselors*

## **What can this help with?**

*Communication with teachers, coping skills and strategies, support with peer and family conflicts*

*\* Social workers can be seen by students without parental consent. Parental consent is required to meet with the school psychologists\**

# other supports

If you aren't comfortable with talking to the mental health support staff listed above, consider talking to one of these people!

Teachers  
Coaches  
Friends  
Admin Staff

**SWIPE FOR MORE RESOURCES!**

**If you are struggling with a mental health crisis outside of school hours and need urgent help, call/text one of the following hotlines:**

*\*all hotlines are confidential, and 24/7 unless a specific time frame is noted\**

*\*if you or a loved one are experiencing an immediate emergency, please call 911.\**

**General Crisis Text Line:**

text "SUPPORT" to 741-741

**National Suicide Prevention Hotline:**

call or text: 988

**The Trevor Project: Suicide Prevention for LGBTQ+ Youth:**

call: 866-488-7386 or text: 678-678

**loveisrespect: Domestic Violence, Dating Abuse**

call: 1-866-331-9474 or text: LOVEIS to 22522

**National Alliance on Mental Illness:**

call: 1-800-950-6264 or text: Helpline to 62640

*only available M-F 10am-10pm EST*

**Rape, Abuse, and Incest National Network (RAINN):**

1-800-656-4673

*Resources brought to you by  
BHS Student Mental Health  
Advocates.*

