

**"WHAT MENTAL
HEALTH NEEDS IS
MORE SUNLIGHT,
MORE CANDOR, AND
MORE UNASHAMED
CONVERSATION."**

In-School Supports:

WPHS School Counselors:

**Mrs. Bell-Counselor for 9-11 Last
Name A-L - hbelle@westperry.org**

**Ms. Commins- Counselor for 9-11
Last Name M-Z -
tcommins@westperry.org**

**Mrs. Zeigler- Counselor for 12th
Grade - mzeigler@westperry.org**

WPHS Nurse:

**Mrs. Davis:
ADAVIS@westperry.org**



LGBTQ+

Common Roads LGBT Center
seeks to empower LGBTQ+ individuals in the Central PA area. Their mission is to foster inclusive communities and holistic well-being for LGBTQ+ people through social, educational, and cultural engagement. Cross Roads offers social and educational programs!

Address: 1306 N 3rd Street, Harrisburg, PA 17102

Phone: (717) 920-9534

Email: info@centralpalgbtcenter.org

Resource Page:
centralpalgbtcenter.org/resources

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ+) young people under age 25.

Trevor LifeLine: 1 (866) 488-7386
Crisis intervention/suicide prevention phone service, available 24/7.

TrevorText: Text START to 678-678
Confidential text messaging with a Trevor counselor, available 24/7.

TrevorChat: Confidential online instant messaging with a Trevor counselor, available 24/7.



STUDENT MENTAL HEALTH RESOURCES

WEST PERRY HIGH SCHOOL

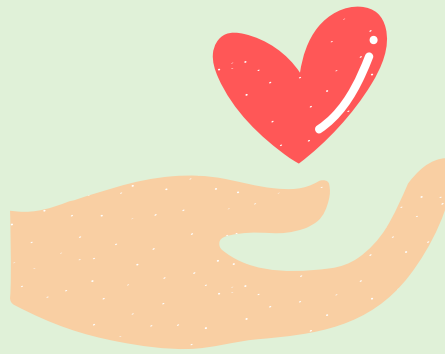
STUDENT ASSISTANCE PROGRAM (SAP)

West Perry Student Assistance Team is a team of faculty, administrators, and representatives from local agencies who identify and assist students who need support or encouragement. The range of issues with which the team offers assistance to students includes (but is not limited to): substance abuse, depression, academic struggles, peer relationships, self-harm or suicidal thoughts, homelessness, etc.

Referrals may be made by teachers, parents/guardians, or other students. Students may also refer themselves to the team.



SCAN THE QR CODE TO ACCESS
THE REFERRAL FORM!



CRISIS TEXT LINE:

- Text "HOME" to 741-741 to reach a Crisis Counselor
- The Crisis Text Line can connect you to a counselor who can help with any of the following topics:
 - Anxiety
 - Emotional abuse
 - Depression
 - Thoughts of suicide or self-harm
 - School
 - Peer conflicts/bullying
 - Loneliness
 - Family problems
- There is **no** age requirement to utilize the text line!

IMPORTANT RESOURCES

Depression, Suicide, Self-Harm (24/7):

- **Penn State Holy Spirit Medical Center:** (717) 763-2222
- **Carlisle Regional Medical Center:** (717) 243-6005
- **Dauphin County Crisis Intervention:** (717) 243-7511

Abuse/Assault:

- **Domestic Violence:** (800) 852-2102 (24/7)
- **Children & Youth Services:** (717) 582-2076, after 4PM call:(717) 582-4311
- **Rape Crisis Service, YWCA:** (717) 283-7273 or (800) 654-1211 (counseling for rape victims and their families)
- **National Sexual Assault Hotline:** (800) 656-4673 (24/7)

Grief/Loss:

- **Highmark Caring Place:** located in Lemoyne, PA, offers support groups for grieving children/teens/families. (866) 613-4673
- **Drew's Hope:** located in Shippensburg, PA, offers grief education and support programs for children/teens/adults. (717) 532-8922

Eating Disorders:

- **Hershey Medical Center Adolescent Disorder Clinic:** (717) 531-2099 (counseling for eating disorders)
- **National Eating Disorder Association Helpline:** (800) 931-2237 (call or text)

Drug/Alcohol-Related Problems:

- **Perry Human Services:**(717) 582-8703
- **Central PA Poison Center:** (800) 222-1222 (24/7)