

## Post- Survey Resources for Staff:

A selection of health and wellness resources are provided below. This is not an exhaustive list of local, state, and national resources that are available to you. If you need help, contact one of these organizations or talk to a trusted colleague or medical professional.

- [National Suicide and Crisis Lifeline](#): Call or text 988 (free, confidential, and available 24/7, 365-days-a-year)
- [National Alliance on Mental Health \(NAMI\) Helpline](#): Call 1-800-950-6264 or text "NAMI" to 741741 (free, confidential, M-F 10am-10pm EST)
  - The NAMI HelpLine is not a hotline, crisis line or suicide prevention line. If you or someone you know is experiencing a crisis, please chat, call, or text 988.
- [Substance Abuse Hotline](#): Call 1-800-662-4357 (free, confidential, and available 24/7, 365-days-a-year)
- [Virginia's Community Service Board](#) (CSB) provide mental and behavioral health support throughout the Commonwealth.
- [The Virginia Center for School and Campus Safety](#) website has links for trainings, programs, and other resources available to Virginia schools including:
  - [A form](#) to request training in your area
  - Direct links to resources from [schoolsafety.gov](https://schoolsafety.gov)
- [Virginia Department of Education](#) website has links to educator self-care resources including:
  - [Social Emotional Wellness Considerations For Teachers And School Staff](#) (pdf resource)
  - [SEL for Educators Toolkit](#) (website resource)
- [The Jason Foundation](#): The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.
  - "A Friend Asks" app
  - 1-800-273-TALK (8255), or text "Jason" to 741741
  - Professional development courses
- [National Institutes of Health](#):
  - Emotional Wellness Toolkit and other resources

## Post- Survey Resources for Students:

If completing the survey raised any concerns, please talk with a counselor or other trusted adult at your school. A selection of health and wellness resources are provided below. This is not an exhaustive list of local, state, and national resources that are available to you. If you need help, contact one of these organizations or talk to a trusted adult.

- [National Suicide and Crisis Lifeline](#): Call or text 988 (free, confidential, and available 24/7, 365-days-a-year)
- [National Alliance on Mental Health \(NAMI\) Teen & Young Adult HelpLine](#): Text Friend to 62640 or call 1-800-950-6264 (free, confidential, M-F 10am-10pm EST)
  - The NAMI Teen and Young Adult HelpLine is not a hotline, crisis line or suicide prevention line. If you or someone you know is experiencing a crisis, please chat, call, or text 988.
- [Substance Abuse Hotline](#): Call 1-800-662-4357 (free, confidential, and available 24/7, 365-days-a-year)
- [The Trevor Project](#): Call 1-866-488-7386 or text START to 678-67 (free, confidential, and available 24/7, 365-days-a-year)
  - Crisis hotline and resources for LGBTQ+ youth
- [The Jason Foundation](#): The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.
  - “A Friend Asks” app
  - 1-800-273-TALK (8255), or text “Jason” to 741741
- [Bullying](#): Teens Against Bullying was created by and for teens, this website is a place for middle and high school students to find ways to address bullying, to take action, to be heard, and to own an important social cause.
- [Cyberbullying](#): Tools to identify, prevent and respond to cyberbullying.
- [Mindfulness for Teens](#): Powerful tools to help you handle stress one moment at a time.