

# MENTAL HEALTH RESOURCES

## WHAT ROLE DO THE WRHS SUPPORT STAFF HAVE?

- Deliver instruction that enhances awareness of mental health; promotes positive, healthy behaviors; and seeks to remove the stigma associated with mental health issues
- Provide short-term counseling and crisis intervention focused on mental health or situational concerns
- Provide referrals to school and community resources that treat mental health issues with the intent of removing barriers to learning and helping the student return to the classroom
- Adhere to appropriate guidelines regarding confidentiality\*

## WRHS SUPPORT STAFF

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## WHAT IS 7 CUPS?

- Download 7 Cups for free anonymous emotional support & counseling from trained active listeners.
- Real listeners available for you 24/7
- Feel supported in chat rooms and community forums
- Access online message therapy with a licensed therapist
- Calm yourself with 300 free mindfulness exercises
- Get personalized care with our free wellness test
- Boost your mood with simple activities



Teens can download the app to their phones or visit [www.7cups.com](http://www.7cups.com)  
Enter the code "TALK" to join the FSGC organization

## SUICIDE PREVENTION HELPLINES

- The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources
- National Suicide Prevention Lifeline:
    - 1-800-272-TALK
  - Crisis Text Line:
    - Text HELLO to 741741

## OTHER RESOURCES

[Waking Up App](#)  
[Calm App](#)  
[Smiling Mind App](#)  
[Headspace App](#)  
[Work2BeWell](#)  
[Trevor Project](#)  
[Sources of Strength](#)  
[NAMI](#)

# MENTAL HEALTH RESOURCES

## FAMILY SERVICE AND GUIDANCE



Family Service & Guidance Center (FSGC) is a nonprofit community mental health center that specializes in meeting the unique needs of children up to 18 years old.

325 S.W. Frazier Ave. Topeka, KS 66606

Telephone: 785.232.5005

<https://www.fsgctopeka.com/>

## 7 CUPS



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## VALEO



Valeo provides comprehensive mental health and addictions recovery services for adults.

5401 SW 7th Topeka, KS 66606

Phone: 785-215-8864

[www.valeotopeka.org](http://www.valeotopeka.org)

## SOURCES OF STRENGTH



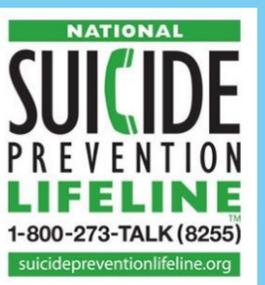
Source of Strength is a strength-based wellness program that focuses on suicide prevention

It promotes connectivity, school bonding, peer-adult partnerships, and help seeking behaviors.

National Website: <https://sourcesofstrength.org/>

WRHS Twitter and Instagram handle: @WRHS\_Sources

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## THE TREVOR PROJECT



The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.

If you are an LGBTQ young person in need of support, reach out to their crisis counselors, available 24/7.

<https://www.thetrevorproject.org/contact-us/>

## NAMI



NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

National Website: <https://nami.org/Home>

Help Line: 1-800-950-NAMI

Local Website: <https://namikansas.org/>

Local Line: (785) 233-0755

## OTHER RESOURCES

[Waking Up App](#)  
[Calm App](#)  
[Smiling Mind App](#)  
[Headspace App](#)