

Where to Get More Help

What's Up? Wellness Checkups NJUHSD Resources

- ❖ If you are in **IMMEDIATE DANGER** call **911**
- ❖ If you are in crisis, you can call the Nevada County Behavioral Health **CRISIS LINE: 265-5811**
- ❖ National Suicide Prevention Lifeline: 800-273-TALK (8255)/
EN ESPAÑOL OPRIMA EL 2 www.suicidepreventionlifeline.org
- ❖ If you or someone you know has been sexually assaulted, sexually abused, a victim of date rape or given a “date rape” drug call DVSAC at: 272-3467 www.dvsac.org.
- ❖ STARS offers on campus counseling and groups (mindfulness, girls and boys groups).
Call STARS: 264-4431, X 2034
- ❖ If you need help with drug or alcohol abuse, call:
 - CORR at: Call 1-855-Hope-4-You today! (1-855-467-3496) www.corr.us
 - or Common Goals at: 265-2914, www.commongoalsinc.org
 - Your school may be able to offer on campus substance abuse help groups through STARS: 274-4431, X 2034
- ❖ If you need support in grieving someone who has passed away, call Drew’s Place at (530) 265-0719.
- ❖ National Runaway Hotline: Call 1-855-Hope-4-You today! (1-855-467-3496) www.1800runaway.org
- ❖ For local Family Planning Clinics:
 - (800) 714-8151/(530) 521-3273, The Clinic!, 120 Richardson St, Suite A, Grass Valley. Open Monday 10:30-5 & Wednesday 12-6.
 - Sierra Family Medical Clinic (Miner’s) Teen Clinic: 274-9762, 844 Old Tunnel Road Grass Valley, 8AM-12, 1:30-4 (walk in appts).
- ❖ Mentoring Programs: Call Big Brothers Big Sisters at 265-2059 or The Friendship Club (for girls only) at 265-4311. NEO also offers a drop in teen center and other teen activities: www.ncneo.com/470-3869.
- ❖ Group Support: Mindfulness, Music/Arts, Girls & Boys groups are empowering groups held during school. For info on times at your high school, contact STARS @273-4431, X 2034.
- ❖ LGBTQ Support: Park Ave GSA (Gay Straight Alliance), contact school counselor Terry Brodie at 272-3265. NU GSA, contact your school counselor or Sue Crockett at 273-4431. Bear River, contact Bethany Williams at 268-3700. For local LGBTQ resources contact PFLAG at 274-1423/pflag.nevco@yahoo.com
- ❖ For information on school assistance programs or finding more support of all kinds, contact STARS Coordinator Julianne Henry at 273-4431 ext. 2034.

For more info on What’s Up? Call/text 268-5854 or email whatsupwellness@gmail.com

www.whatsupwellness.com

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