Central High School Guidance Resources

Suicide Prevention Resources

● **Helpful Phone Numbers:**
  ○ 1-800-SUICIDE
  ○ 1-800-273-TALK (or text 273TALK to 839863)
  ○ 610-279-6100 (Montgomery County Emergency Services)
  ○ 911

● American Foundation for Suicide Prevention: [www.afsp.org](http://www.afsp.org)
● [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)

Mental Health Assistance

The National Association of Mental Illness provides information and resources that may be helpful to you:

Mental Health and Coping During COVID-19 | CDC

CORA's website has also been updated to include resources for COVID-19 that you can share with your families. Here is the link for reference: [https://www.coraservices.org/corona-virus-updates-and-best-practices/](https://www.coraservices.org/corona-virus-updates-and-best-practices/)