

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**
- **<https://suicidepreventionlifeline.org/>**
- **<http://www.sprc.org/>: suicide prevention resource center**

Mental Health Assistance

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

[COVID-19 \(CORONAVIRUS\) INFORMATION AND RESOURCES](#)

[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/>