



# RESOURCE FLYER

04.22.2020

We hope our TCS residents are staying safe and continuing to practice healthy hygiene. Here is information we thought would assist students and their families.

## Nationwide Resources



**National Substance Use and Disorder Issues Referral and Treatment Hotline:** 1-800-662-HELP (4357)

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

**Veterans Crisis Line:** 1-800-273-8255 (press 1)

**Child Abuse National Hotline:** 1-800-4-A-CHILD

## Teen Resources



**Teen Lifeline** (phone or text): 602-248-TEEN (8336)

**The Trevor Project** (LGBTQ+ hotline): 1-866-488-7386 or Text START to 678-678.

**Trans Lifeline:** 1-877-565-8860

## New Mexico Resources



**NMDOH Coronavirus Hotline:** 1-855-600-3453

**Navajo Nation Social Service:** (505) 726-9375

**NM Coalition of Sexual Assault Inc.** (505) 883-8020

**Domestic Violence Resource Center:** (505) 843-9123

**To'hajiilee Direct Emergency Line:** (505) 908-2367

## Smartphone Apps (iOS and Android)



**NMConnect App** - Helps connect people to counselors and peer support. Access resources within the community and state response to COVID-19.

**Headspace App** - provide methods to live stress-free and healthier.

**Youper App** - detects and monitors your mental and emotional health. Everyday you'll answer a short assessments and follow the plan designed by experts to improve yourself.

**Moodpath App** - Offers mental health assessments to determine what your moods mean and how to explore treatment methods helpful to the user.

**TalkLife App** - offers a safe space to talk about depression among others who get what you're going through. People can talk, listen and you may remain anonymous or known.

For other resources, please visit our website at [tohajiileeschool.com](http://tohajiileeschool.com). We offer:

- ⇒ **Student Services** (scholarships, TCS social worker & counselor contact information, and helpful tips on managing self health.)
- ⇒ **Online Pre-K to 12th Grade Educational Resources** (online games, reading, and activities to help keep kids engaged and learning new skills at home.)
- ⇒ **Parent Resources** (educational material, information on internet assistance, food assistance, financial assistance, childcare assistance and health assistance.)
- ⇒ **COVID-19 Parent and Student Resource page** (consists of NNDOH contact information, how to make a new home routine and links on how to talk to your child about the coronavirus.)