

MENTAL HEALTH MATTERS



Scan to VISIT OUR WEBSITE



For additional mental health resources go to www.uisd.net/mentalhealth

National & State Resources

National Suicide Prevention Lifeline
1-800-273-8255 or **988**

Crisis Text Line Text **'Hello'** to 741741

Trevor Lifeline Text **'START'** to 678678 or 1-866-488-7386

Alliance for Safe Kids (ASK)
<http://allianceforsafekids.org>

National Youth Crisis Hotline 1-800-448-4663

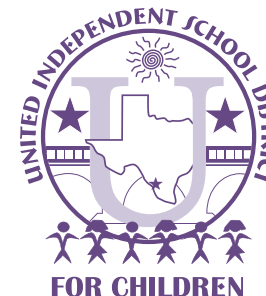
Jason Foundation
<http://jasonfoundation.com>

Substance Abuse & Mental Health Services
www.samhsa.gov/prevention

Texas Education Agency-Suicide Prevention, Intervention & Postvention
<https://tea.texas.gov/about-tea/other-services/mental-health/suicide-prevention-intervention-and-postvention>



United Independent School District
Psychological Services
4410 State Highway 359
Laredo, Texas 78043
Ph: 956.473.2047



SAFEGUARDING YOUR HOME

Scan this image with your smartphone to be directed to the district's website



or visit www.uisd.net

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Safeguarding Your Home

You cannot remove all risks from your home, but there are four cabinets that **MUST** be secured at all times:

1. Firearms

- The best way to reduce access to a firearm is to remove from the home or securely lock unloaded firearms (separate from ammunition).

2. Medications

- Do not keep lethal doses of medication at home. Particularly, prescription painkillers need to be kept under lock and key.

3. Alcohol

- Only keep small quantities of alcohol at home.

4. Technology

- Access to all media (i.e., phone, tablet, computer, video games) should be monitored and limited.

