



CUSD C.A.R.E.S.

Student Wellness Page

Connect • Act • Receive • Empower • Serve



It's ok to not be ok- you are not alone!

602-248-8336 (TEEN)



Teen Lifeline

Concerned about a friend?

Ask them...

- Seems like you haven't been yourself lately, what's up?
- You can tell me anything, I won't judge.
- Whenever you're ready to talk, I'm ready to listen.
- I'm worried about you. How can I help?

Tell a trusted adult.

- Do you have time to talk? I need help.
- Can we make time to talk? I am concerned about...
- I don't feel like myself. Can we talk?
- I am feeling depressed. Can you help me?

Suicide Warning Signs

- Feeling trapped.
- Withdrawing from friends, family, and activities.
- Increased anxiousness or agitation.
- Dramatic mood changes.
- Feeling hopeless or helpless.
- Looking for ways to harm or kill self by seeking weapons, pills, or other means.
- Talking about being a burden to others.
- Increasing drug or alcohol use.
- Talking or writing about death or suicide.
- Acting impulsively or recklessly.
- Giving away possessions.

Where is your mental health right now?



It is never too late, or too early, to talk to someone.

You are worth it.

You matter.