

## GHS CARES.

GHS is committed to the wellness of all of its students. In order to excel students must be physically, emotionally and mentally healthy. During high school, students experience a lot of stress related to academic work, relationships, and planning for the future.

How can you deal with this stress in a healthy way?

How can you help a friend who you think may be depressed or overly anxious?

How can your parents support you?

How can our GHS community work to put a stop to suicides and other tragedies that have occurred at Gainesville high schools?

**ONE in FIVE** teenagers will experience a mental illness such as depression, anxiety, abuse of drugs/alcohol, or unhealthy eating. This means your friends and classmates are likely suffering in silence. Lets end the silence. This webpage is a resource for GHS students and their families.

If you are concerned about yourself or a friend, please visit GHS Guidance Staff or PALS offices.

Here are some other resources.

- ✚ Teenagers can chat online or call a counselor 24/7.  
<http://www.suicidepreventionlifeline.org/>
- ✚ Teens can text "CTL" or "LISTEN" to 741-741
- ✚ If you feel you or a friend is at risk for harming yourself or someone else contact Alachua County Crisis Center immediately at [352-264-6789](tel:352-264-6789)
- ✚ <http://www.alachuacounty.us/depts/css/crisiscenter/pages/crisiscenter.aspx>
- ✚ For more information on Mental Health visit: <http://ok2talk.org/> or <http://us.reachout.com>
- ✚ More information for parents: <https://www.nami.org/Find-Support/Family-Members-and-Caregivers>