

REACH OUT

YOU ARE NOT ALONE

What if I need help with...?

Reporting Bullying/ Harassment





Food, clothes, housing, etc.




If you are living with more than one family or need a place to stay because you or your family stays at different places, please contact Ms. Estella Garza with SAISD's Family & Student Support Services program at 210.554-2565. There is a national law that protects you




Reporting Abuse

It's OK to tell! if someone hurts you:

- say **no**!
- go to a safe place
- tell a trusted adult


Call **1-800-252-5400** for help or **911** for emergencies
For more information: txabusehotline.org
Don't ever keep a secret that upsets you!



Dealing with stress or overwhelming feelings

Check Out Project YES!
Learn new ways of dealing with stress by trying out one or more of the three anonymous, 30-minute web-based activities!


Scan the below QR code to be taken DIRECTLY to the Project YES website!



(210) 567-7036 www.health.utexas.edu

Stressed?
HOW TO DEAL WITH ANXIETY

- LISTEN TO MUSIC
- GET ENOUGH SLEEP
- MINDFULNESS & YOGA
- GET ORGANIZED
- USE THE 5-4-3-2-1 COPING TECHNIQUE
- GET ACTIVE AND START MOVING



Suicide Prevention




COVID Support





It is the policy of San Antonio ISD not to discriminate on the basis of race, color, religion, national origin, age, sex, gender identity, gender expression, sexual orientation or disability in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; Section 504 of the Rehabilitation Act of 1973, as amended, and SAISD's board policies DIA, FFH, and FFI