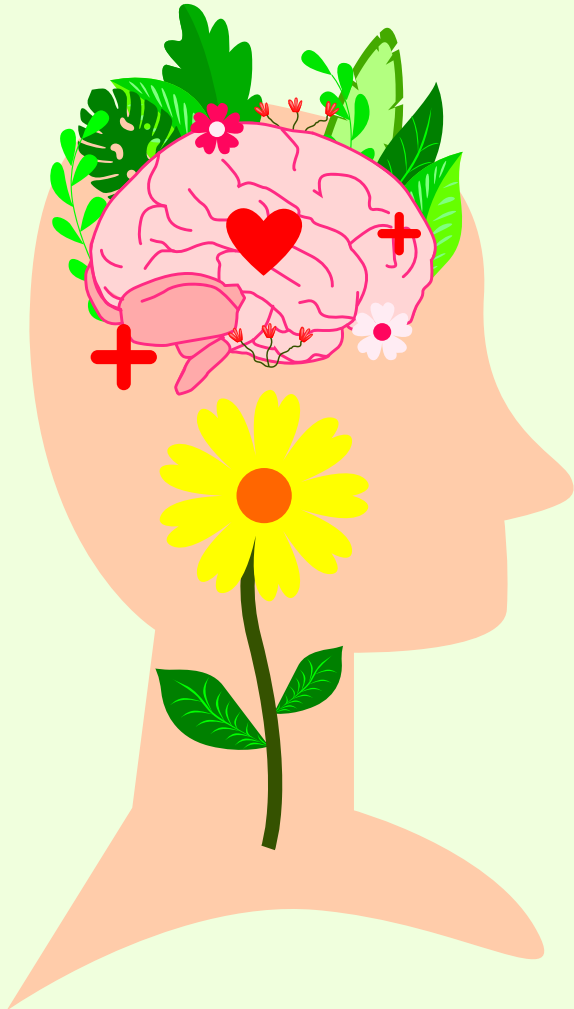


EAGLE ROCK

STUDENT CARE RESOURCE GUIDE



PRACTICAL TIPS FOR EVERYDAY WELL-BEING

BEGIN YOUR DAY WITH POSITIVITY AND
DO SOMETHING THAT INSPIRES YOU
(JOURNALING, YOGA, MEDITATION)

GET PLENTY OF SLEEP

GET SOME FRESH AIR BY GOING FOR A WALK
OR READING A BOOK OUTSIDE

GIVE YOUR EYES A REST FROM YOUR PHONE OR COMPUTER

TRY SOMETHING NEW
(HOBBIES OR FOOD)

SPEND TIME WITH YOUR FAMILY OR FRIENDS



TAKING CARE OF YOUR MENTAL HEALTH:

USE THIS GUIDE AND OUR
WEBSITE FOR SUPPORT!

ON CAMPUS ADULT SUPPORT

IN ADDITION TO YOUR TEACHERS AND COUNSELORS, FEEL
FREE TO REACH OUT TO THE FOLLOWING FACULTY MEMBERS:

MS. ROMAN, PSW

LOCATION: LIBRARY OFFICE
EMAIL: IRENE.ROMAN@LAUSD.NET

MS. ARMENDARIZ,

SCHOOL PSYCHOLOGIST
LOCATION: NURSE OFFICE
EMAIL: A.ARMENDARIZ@LAUSD.NET

MS. CASSANDRA, PSW

LOCATION: LIBRARY OFFICE
EMAIL: CASSANDRA.JOYCE1@LAUSD.NET

DR. ADAO,

RESTORATIVE JUSTICE COORDINATOR
LOCATION: EAGLE CENTER
EMAIL: ALEEN.ADAO@LAUSD.NET

ON CAMPUS PEER SUPPORT

REQUEST TO SPEAK TO
A PEER COUNSELOR OR
SCHOOL CLIMATE
ADVOCATE IN THE
EAGLE CENTER.
USE THE QR CODE:



OFF CAMPUS RESOURCES

NATIONAL SUICIDE PREVENTION HOTLINE: DIAL 988 OR 1-800-273-8255

CRISIS HOTLINE: TEXT "HOME" TO 741741

DOMESTIC VIOLENCE HOTLINE: 800-799-SAFE (7233)

NATIONAL SEXUAL ASSAULT HOTLINE: 1-800-656-HOPE (4673)

NATIONAL ALLIANCE ON MENTAL ILLNESS: 1-800-950-6264

NATIONAL EATING DISORDER ASSOCIATION: 1-00-931-2237
