MENTAL HEALTH RESOURCES FOR POST GRADUATION:

Transitioning from high school to adult life is a fun, exciting and possibly anxiety-provoking change. The Roncalli Guidance Team recognizes that this is a time that students need to assess how they handle change, manage stress and who they turn to for support. Below are some resources for high school students.

Remember to take care of yourself! With any big change, you may need to re-evaluate self care. Eating healthy, exercising, getting enough sleep, and avoiding drugs and alcohol are vital to your mental health.



Prayer and sacraments–
seek out your local parish or church

Seek out a Counselor if you are not able to function daily. Resources:

Catholic Charities
1400 N. Meridian
Indianapolis, IN
46202
317-236-1500
Sliding scale fees

St. Vincent Stress Center open 24/7
8401 Harcourt Rd
Indianapolis, IN
46260
317-338-4800
takes insurance

Kenosis Counseling
1678 Fry Rd, Ste D
Greenwood, IN
46143
317-865-1674
Catholic therapists

Central Psychological Services
6249 S East St, Ste I,
Indianapolis, IN
46227
317- 780-1610
Catholic therapists

988 Crisis Hotline-text or call 988 (therapist available to talk to 24/7)
211 Helpline-text or call 211 (they will provide community resources)

Tips for managing stress LINK

Remember your support system in times of stress: Parents, older siblings, friends (old and new), priest, teachers, coaches, etc. Seek out help if you are overwhelmed, lonely, anxious, or just not functioning per usual.