WINDERMERE PREPARATORY SCHOOL

A NORD ANGLIA EDUCATION SCHOOL



SUPPORT LIKE A LAKER

Mental health resource reccommendations from our WPS Therapist, Mr. Sims:

- **988 Website**: 988lifeline.org
- **988 Chat Feature** (Direct Link): 988lifeline.org/chat
- **988 FAQs:** 988lifeline.org/faq/
- **SAMHSA's 988 FAQs**: samhsa.gov/find-help/988/faqs
- **An Op-Ed piece from a parental perspective of 988**: theeverymom.com/new-988-lifeline/
- **Coping**: 988lifeline.org/current-events/coping-during-community-unrest/
- **JED Foundation**: jedfoundation.org/

If this is regarding a potentially life-threatening emergency, please call 911 immediately. For mental health crisis assistance, call or text 988; or visit 988lifeline.org for chat feature and additional resources.