



Stanley Hupfeld Academy supports student health and wellness protocols to include mental health supports. It is the policy of SHA to align access to mental health support by providing community resources for students and guardians focused on mental health treatment options and crisis response intervention.




**\*The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. Anyone can call 988 to seek help for themselves, a family member, or a friend in crisis. An online chat option is available at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).**



**Mercy** 

PERSONAL HEALTH  
**15 TOP**  
HEALTH SYSTEMS  
2023



Call **SAM** Student Assistance by Mercy  
**1-855-225-2SAM (2726)**

**Anxious? Stressed? Depressed?  
What can you do?**

Drinking, drugs, depression, excessive worries or bad eating habits can lead to stress, anxiety and despair. You need your problems to stop but don't know where to turn.

Call SAM - a FREE 24-hour toll number staffed with counselors who will assist you in getting the help you need. It's all confidential. Don't be afraid to pick up the phone and call.

**\*CALL SAM: Student Assistance by Mercy is for behavioral health issues including substance abuse, mental or emotional well-being or family crisis.**

**1-855-225-2726**



**\*NorthCare**

**2617 General Pershing Blvd.**

**Oklahoma City, OK 73107**

**405-858-2700**

**<https://www.northcare.com/>**



## \*Crisis Text Line

Text "CTL" or "LISTEN" to 741-741

Crisis Text Line provides free emotional support and information to young people in any type of crisis, including feeling suicidal. Teens can text with a trained specialist 24-hours a day.

<https://www.crisistextline.org/>