

ESTANCIA SCHOOLS STUDENT SUPPORT LINE*

Monday through Friday 1:00 – 3:00

*Only during virtual school session



Reasons to Call

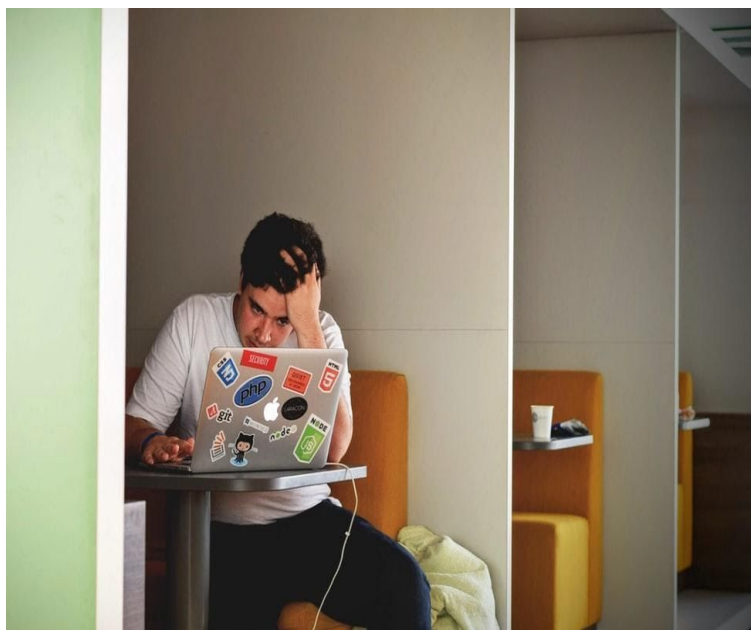
Facing challenges due to the COVID-19 pandemic?

Feeling stress, fear, anxiety, sadness, or depression about doing school work?

Concerned about a friend, colleague, or family member?

Need to talk to someone about what you are feeling?

Need community resources for you or your family?



SCHOOL BASED MENTAL HEALTH TEAM

MONDAY – FRIDAY 1:00 – 3:00

Monday - Denise Shirley 505-750-1702

Tuesday - Luke Arnold luke.arnold@emsdbears.us

Wednesday - Danielle Trujillo 505-750-1013

Thursday - Kristine Jaramillo 505-384-6525

Friday - Tanna Corral 505-274-1103

Back up – Joe Diraddo

- [Teen & Youth Help Hotline](#) Teenage Advice, Crisis & Depression Helpline
Do you need help working something out? Do you want to talk to someone who understands, like another teen? We're here to help!
- [The National Suicide Prevention Lifeline](#) 1-800-273-8255
The 24-hour, toll-free, confidential suicide prevention hotline is available to anyone in suicidal crisis or emotional distress.
- [The Crisis Text Line](#)
The Crisis Text Line is the only 24/7, nationwide crisis-intervention text-message hotline. The Crisis Text Line can be reached by texting HOME to 741-741.

For a Mental Health Emergency CALL 911

