TUHSD MEAL SERVICES: Tolleson Union High School District is partnering with the Elementary Districts to distribute meals to all children. Meal service for all children 18 years old and younger, will begin on Wednesday, March 18th. If you are needing support to find your location please email misti.andrews@tuhsd.org or leave a message at 623-478-4020

Find a Food Bank Near you: Receiving emergency food from a food bank, pantry, soup kitchen or shelter is just one option that may be available to you and your family. If you are struggling to put food on the table, make sure you have explored the SNAP (Food Stamps) program and learned about other programs and resources available. www.azfoodbanks.org.

Stress during an infectious disease outbreak can look like:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Irritability and “acting out” behaviors.
- Unexplained headaches or body pain.
- Increased use of alcohol, tobacco or drugs.

Practice self care— [try this] or maybe [this!]

National 24-Hour Crisis Hotlines:
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Substance Use and Disorder Issues Referral and Treatment Hotline: 1-800-662-HELP (4357)
- Text: Text the word “HOME” to 741741

Suicide & Crisis Hotlines by County:
- Maricopa County served by Mercy Care: 1-800-631-1314 or 602-222-9444
- Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties: 1-866-495-6735
- Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties: 1-877-756-4090
- Gila River and Ak-Chin Indian Communities: 1-800-259-3449
- Salt River Pima Maricopa Indian Community: 1-855-331-6432

Especially for Veterans:
Veterans Crisis Line: 1-800-273-8255 (press 1)
Be Connected: 1-866-4AZ-VETS (429-8387)

SAMHSA’s (Substance Abuse and Mental Health Services Administration) Disaster Distress Helpline: 1-800-985-5990 (or text TalkWithUs to 66746) is a 24/7, 365-day-a-year national crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. It is toll-free, multilingual, confidential, and available to all residents of the US and territories.

Teen Lifeline 602-248-8336 (TEEN) or teenlifeline.org / In Arizona 800-248-8336 (TEEN) Texting hours: 12-9pm

If you are in need of an additional resource or referral please email misti.andrews@tuhsd.org with support needed, current city, and student’s name. Emails will be monitored Monday-Friday 8:00-5:00.