TUHSD MEAL SERVICES - **Wednesday, March 25**, Tolleson Union High School District students can pick up a Meal Pack at the high school where they are currently enrolled. Meal Packs will be distributed from 4:00 p.m. to 6:00 p.m. Please note meal service process will change after this week. Beginning **Monday, March 30**, Tolleson Union High School District students can receive a 5-day Meal Pack for the week. Monday Meal Packs will include breakfast and lunch for 5 days for Tolleson Union High School District students. Meals will be distributed from 4:00 p.m. to 6:00 p.m. each Monday. Tolleson Union High School District students must be present in order to receive the 5-day Meal Pack.

**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. Check with [www.azfoodbanks.org](http://www.azfoodbanks.org) for additional resources.

### Internet Accessibility

The FCC has an agreement which states that providers will waive late fees, not cutoff services for lack of payment, and open hot-spots for increased accessibility to the internet. Check out deals from the following companies on their websites, including free hot-spots and internet for $10 a month:

- Cox
- T-Mobile
- Verizon
- Comcast
- Sprint
- AT&T
- Charter

### Family Crisis Support

**Especially for Veterans:**
Veterans Crisis Line: 1-800-273-8255 (press 1)
Be Connected: 1-866-4AZ-NEW (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 [teenlifezone.org](http://teenlifezone.org).
In Arizona 800-248-8336 (TEEN) Texting hours: 12-9pm

**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

*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.*