NHS RESOURCES
Let’s Take Care of Each Other

If you know someone who is having a hard time remember that you don’t have to say much. Sometimes just letting others know you care makes a difference. If you are struggling in any way, or if you know someone who is, remember that you can reach out to friends and/or family members.

You can also access one of the following NHS Resources:

**On Campus** (Make appointment in counseling center)
- NHS Counselors (*Crisis, stress, depression, academic, classes, etc.*)
- NHS School Psychologist (*learning disabilities*)
- YES Behavioral Health Specialist (*mental health and substance abuse*)
- Community Agency (ACRS, YES) Mental Health counselors (*mental health, anxiety, depression, etc.)*
- Graduation Success Coach (*academic, equity - Commons*)
- Family Connection Specialist – (school supplies and other resources – Student Store)

**NHS Students Groups** (these students can help you get support)
- Peer Mediation (*students will help resolve issues with friends*)
- Peer Tutoring (*academic student tutors*)
- ASPEN (*peer educators*)
- Link Crew (*support and connection for 9th graders*)
- ASB Leaders (*school climate, connection and involvement*)
- Teen Reach Club (*a club focused on peer education about mental health*)

**After Hours 24/7 Resources:**
- 911 – Bellevue Police, Fire and Medics
- Teen Link – open until 10:00pm with after hour numbers provided (866-TEENLINK)
- King County Crisis Line (866-427-4747)
- BSD report a safety concern (text, phone, email) [https://bsd405.org/help/report/](https://bsd405.org/help/report/)