## Feeling overwhelmed with emotions & don't know what to do?

## We're here to LISTEN and HELP.

Need someone to talk to?
How do you get help and resources?

Call: 281-229-6005

The Dickinson ISD Call Center staff will listen, provide resources, and provide referrals.

## Call Center Hours

Mon: 9-11am\*

Tue: 1:30-3:30pm

Wed: 9-11am\*

Thurs: 12-2pm

Fri: 9-11am\*

\*English and Spanish



## Eampus Campus

Have a concern to report about a mental health situation or act of violence? You can report anonymously using the P3Campus app (link found at www.dickinson.org)

