

You're Not Alone

Below are community resources that you can reach out to if you or someone you know are looking for support. Also, you can reach out if you have questions about grief and loss.

~Lifeline 2-1-1

~Crisis Text Line 741741; can be initiated by typing anything (Free for Verizon customers)

~Prevention Lifeline 800.273.TALK (8255)

~Seneca County Community Counseling Center
315.539.1980-after hours will direct you to Lifeline

~Seneca County Addictions Program 315.539.1985

~9-1-1

~Seneca County Sherriff's Dept. 315.539.9241

~Waterloo Police Dept. 315.539.2022 or 315.539.2051

Please remember that your school counseling staff is here to support you, now and in the future.