

RESOURCES & SUPPORT

STAY COOL AND SAFE THIS SUMMER

STRESS BREAK FOR PARENTS

FAMILY SUPPORT CENTER (435) 674-5133 WWW.FSC4KIDS.ORG

- FREE RESPITE CARE UP TO 3 HOURS PER WEEK
- AGES NEWBORN TO 11

FREE MENTAL HEALTH SUPPORT FOR WCSD STUDENTS

ONLINE THERAPY SESSIONS

- ACCESS AT WWW.WASHK12WELLNESS.ORG (MENTAL HEALTH PAGE)
- SIGN UP WITH YOUR CHILDS WASHK12 SCHOOL EMAIL ADDRESS
- CREATE A PASSWORD
- PLACED WITH A THERAPIST FOR UP TO 6 SESSIONS

a good enough parent

HELPLINES

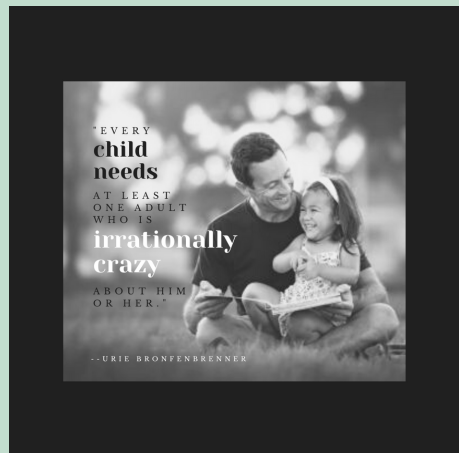
IHC EMOTIONAL SUPPORT (833) 442-2211

LOCAL 24/7 HELPLINE (435) 628-0458

CRISIS RESPONSE

LOCAL 24/7 CRISIS LINE (435) 773-0585

STABILIZATION MOBILE RESPONSE (SMRT)
(435) 414-4362



EMERGENCY HOUSING FOR YOUTH

YOUTH FUTURES HOMELESS SHELTER

- FOR TEENS 12-18

LOCAL RESOURCES

- [HTTPS://211UTAH.ORG/](https://211UTAH.ORG/)

PARENT RESOURCES AND ARTICLES:

- WWW.WASHK12WELLNESS.ORG
- WWW.NATIONALPARENTHELPLINE.ORG

**asking for help is a sign of strength*