

# Five Resources to Support Student Mental and Behavioral Health

## Contact your school counselor



- Your school counselor has the most up-to-date information on services available at school and in the community.
- Check your school or school district's website to find your school counselor's contact information. You can also visit the [OSPI Counseling webpage](#).

## Contact your school district

- Your school district also has information on services available at your school and in the community.
- For a full list of school district contacts, visit [OSPI's district contacts list](#).



## Contact your regional educational service district (ESD)



- There are nine ESDs in Washington that provide additional information about services available in the region. The ESDs can also help connect you to those services.
- Find your ESD online.

## Use OSPI resources

- While OSPI staff are not licensed to provide mental or behavioral health supports, we can connect you with professionals and resources, as well as offer guidance.
- Visit our [mental](#) and [behavioral health](#) webpages to learn more.



## Make a phone call



- If you or a loved one are experiencing an emergency or crisis, call the [Suicide and Crisis Lifeline](#) at 988.
- If you are looking for mental health resources in your region, call [211](#).

