



Mental Health & Academic Resources

We'd like to share [this video on Managing Anxiety and Depression](#), as well as this [slide of mental health resources](#). Ninth and 10th graders currently enrolled in a health or PE class will watch this video in class.

The University of Holy Cross Counseling and Training Center is offering **FREE counseling services** to Franklin students, parents, and staff! The Center provides a variety of counseling services to a wide range of individuals. Services include: Career counseling, Marriage and family counseling, Individual counseling, Child and adolescent counseling, and Parent education. All counseling sessions will be virtual through this summer. Call the Holy Cross Counseling and Training Center at 504-398-2168 to schedule an appointment. More information can be found at <https://uhcno.edu/stulife/counseling-and-training-center.html> (the website says there is a \$20 fee but it is free for the Franklin community).

Your **school counselors and social worker** are available to talk with you if you have any concerns. We can discuss mental health, academics, family, friends, anything! Please email or schedule a meeting through calendly. [This document](#) has all of the contact information. If you are stressed or upset about something, you don't have to go through it alone! You have lots of support options available at school.

If you are **concerned about a friend at Franklin or yourself**, you can fill out this simple [referral form](#) and a counselor or social worker will follow up.

Academic tutoring options:

[Paper](#) (free, live, online tutoring available 24/7)

[PeerKonnnect](#) (peer tutoring with current Franklin students)

Your teachers! Contact your teachers to get extra help from the experts.

Math Lab (any student in need of peer assistance in any of their STEM courses can schedule a session 7 days a week between 8AM and 10PM. To schedule, students just need to complete [THIS FORM!](#))

Physics in Motion Teaching Assistant Tutoring Program (Mondays and Wednesdays from 3:20 to 4:20 for Physics I and Tuesdays from 3:20 to 4:20 for AP Physics students. The Zoom link for all sessions is [Physics in Motion Teaching Assistant Tutoring](#))

If you are in crisis, here are some resources to help you, along with your school personnel and your trusted relatives:

In case of an emergency, **call 911.**

Crisis Text line - a live, trained crisis counselor receives the text and responds quickly

Text 741741

www.crisistextline.org

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

(800) 273-TALK (8255)

Children's Hospital

200 Henry Clay Ave., New Orleans, LA 70118

(504) 899-9511 (Call ahead)

River Oaks Hospital

1525 River Oaks Road W., Harahan, LA 70123

(800) 366-1740 (Call ahead)

The #COVID19 outbreak is leaving many feeling anxious, angry, sad, or scared. If you need to talk to someone, text NAMI to 741741 or call the NAMI Helpline at 1-800-950-NAMI (6264). Remember, it is OK not to be OK right now. You are not alone.