## **School Based Health Center**





# Trusted Adult

- Physicals
- Check ups
- Insurance Help
- Toothache
- Depressed or Anxious
- Eye care

- Sexual Health
- Health Screenings
- Sick

- Unsafe at Home
- Harm to others
- Personal Safety
- Self-harm
- Suicidal text 741741 call 800-273-TALK

# Where can I get help?





1-844-472-3367 safeoregon.com

#### School Health Assistant

- First-aid
- Take Medicine
- Headache
- Fever
- Call Home

- Sick
- Lay Down
- Cuts
- Ice

### School Counselor

- Crisis
- Stressed
- Goal Setting
- Manage Feelings
- Conflict Resolution
- Academic Planning
- College/ Career Guidance