

HOTLINES & IMPORTANT CONTACTS

SCHOOL SAFETY:

- PUSD Schools Tip line: 1-844-PUSD-TIP

In partnership with the cities of Poway and San Diego as well as local law enforcement is now in place and monitored 24 -7 by law enforcement. We encourage all of our students, staff, and families: if you **see something, say something**. As was stated in our 2018 Districtwide safety forum: 93% of all school shooters across the U.S. told someone what they planned to do.

SUICIDE PREVENTION:

- National Suicide Prevention Lifeline: 1-800-273-8255 (available 24/7)
- National Hopeline Network: 1-800-442-HOPE (4673) (available 24/7)
- San Diego Access and Crisis Line: 1-888-724-7240 (available 24/7)
- NAMI Helpline: 1-800-950-6264 (available 10 AM - 6 PM)

OTHER SUPPORT:

- California Youth Crisis Line: 1-800-843-5200
- National Youth Crisis Hotline: 1-800-442-HOPE
- National Alcohol and Drug Abuse Hotline: 1-800-252-6465
- National Certified Crisis Hotline: 1-800-784-2433
- Youth to Youth Helpline: 1-888-99-TEEN