

PORT JERVIS HIGH SCHOOL PRESENTS THE...

MAY *newsletter*



RESPONSIBILITY IS THE CHARACTER TRAIT OF THE MONTH. RESPONSIBILITY IS THE STATE OR FACT OF BEING RESPONSIBLE & ANSWERABLE FOR SOMETHING WITHIN ONE'S POWER, CONTROL, OR MANAGEMENT.

PLEASE WEAR GREEN ON WEDNESDAYS TO REPRESENT THE CHARACTER TRAIT OF THE MONTH!

MAY IS MENTAL HEALTH MATTERS MONTH

#EachMindMatters

Mental Health Awareness

5 steps to improve mental health and wellbeing



RESOURCES



NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-(TALK) 8255

PLANNED PARENTHOOD: 845-562-7800

ALCOHOLISM & DRUG ABUSE COUNCIL: 1-844-984-HOPE (4673)

TEXT 4 TEENS: 845-391-1000

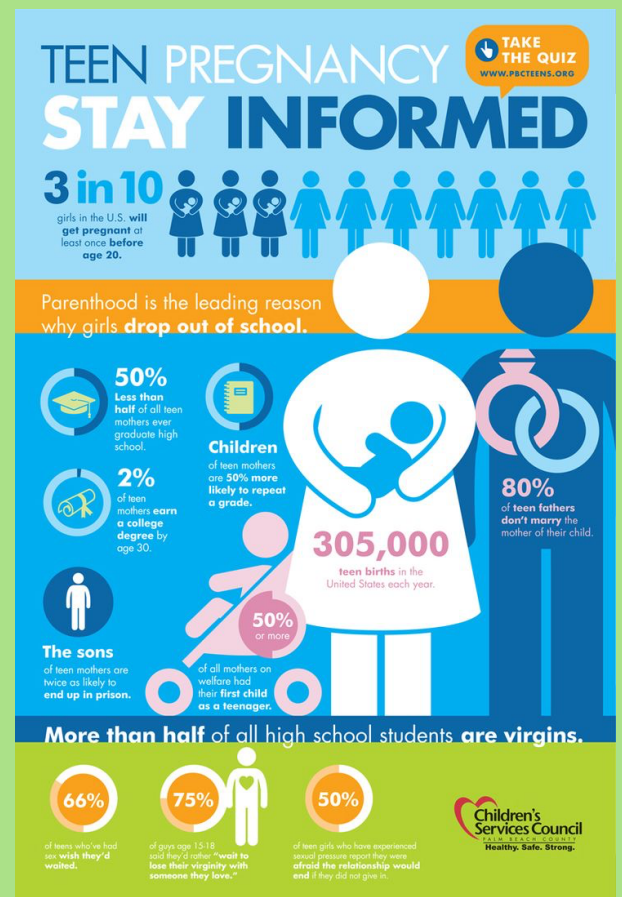
ORANGE COUNTY CRISIS CALL CENTER: 311 OR 1-800-832-1200

CRISIS TEXT LINE: TEXT "GOT5" TO 741-741

PREVENTION STARTS WITH TALKING

MAY IS ALSO

NATIONAL TEEN PREGNANCY PREVENTION MONTH



WHAT'S THE RUSH??

Don't be a teen parent.