



TEEN LIFELINE INFORMATION

April is National Stress Awareness Month. These following weeks can be filled with stress and sleepless nights. As COVID-19 changed, what we thought the end of the school year would look like; worrying about friends or loved ones, and facing the disappointment of not having prom or graduation you may start to feel anxious or stressed. We want you to know that you are not alone, and that although our school community may not be as present to help you, we still want to support you. We want to help you by connecting you to another teen at Teen Lifeline. If you start feeling too stressed out at any point this month, please talk to someone about it. You can do this by calling or texting the number on the back of your school ID. Remember, in the time of uncertainty, you are not alone. We want to remind you that due to school closures, Teen Lifeline's texting hours have been expanded. Teen Lifeline is also available to parents and other adults who are in need of resources for their children. The following are our new hotline hours.

Teen Lifeline: call/text 602-248-8336

- **Calling remains available 24/7.**
- **Texting available extended hours 12pm-9pm on weekdays and 3pm-9pm on weekends.**
- **Peer counselors are still available from 3pm to 9pm every day.**

Jennica Failner
Crisis Services Associate
Teen Lifeline
P. O. Box 10745
Phoenix, AZ 85064

Littleton Elementary School District #65 • PO Box 280 • Cashion, Arizona 85329 • (623) 478-5600 Reception • (623) 478-5625 Facsimile
Underdown Learning Center and Administrative Offices • 1600 South 107th Avenue, Avondale, Arizona 85323

www.littletonaz.org

Collier Elementary (623) 478-5900
www.coes.littletonaz.org

Estrella Vista STEM Academy (623) 478-6200
www.eves.littletonaz.org

Littleton Elementary STEM Academy (623) 478-5700
www.lnes.littletonaz.org

Tres Rios Service Academy (623) 478-6300
www.tres.littletonaz.org

Country Place Leadership Academy (623) 478-6100
www.cpes.littletonaz.org

Fine Arts Academy (623) 478-6400
www.faes.littletonaz.org

Quentin STEM Academy (623) 478-6000
www.ques.littletonaz.org