



# Mental Health & Well-Being Thanksgiving Break Resources

During Thanksgiving break, just as our students get a break from their academic life, so does our Perry staff. With school closed for a few days, all Perry Local School Counselors will be out of the office until school resumes.

However, if you or someone you know are in need of mental health assistance during this time, there are resources available to you.

**Call/text for help. All conversations will be kept anonymous.**

## *Resources:*

### **Crisis Intervention & Recovery Center**

24/7 Help  
330.452.6000

### **Text for Hope**

24/7 Help  
741-741

### **Suicide Prevention Lifeline**

24/7 Help  
1.800.273.8255

### **Perry Police Department**

330.478.5121