

Dear Students,

We all go through some rough times in life. At times, we may not know how to cope with life events. It may make it difficult for you to learn and deal with your problems that life brings. If you have a broken arm, you go to a hospital and get a cast. It's the same thing with our emotions. If we have hurt, we can seek a person that may help us learn to cope with the situation or give us some guidance. If you are having difficulties, please talk to a person you trust, a counselor, nurse, principal, or call one of these numbers below. Some of the services are free, while others may have a fee. The San Benito Independent School District does not pay for any of these services below. We want all our students to be successful. Every one of you will take an important role in our society. We encourage you to look for assistance as life brings these tough times...

Sincerely,
Janie Lopez
Guidance and Counseling Director

Available Resources	
Emergency	911
Texas Local and Community Resources	211
San Benito City Police	361-3880
San Benito CISD Police	361-6475
Buckner Children & Family Services (STAR) (Counseling and family services)	423-7909
Boys Town National Hotline (Counseling)	1-800-448-3000
Dept. of Family and Protective Services (Outreach for abuse)	1-800-252-5400
National Hope Line Network (Runaway)	1-800-442-4673
Tropical Texas Behavioral Health (outreach for emotional and social struggles)	956-423-8094
Tropical Texas Crisis Hotline (resources during stressful/crisis times)	1-877-289-7199
National Runaway Switchboard (Runaway)	1-800-786-2929
Kids' Korner Renaissance Outpatient Rehab Center L.L.C. (Therapy: Nutritional, Occupational, Physical, Social, Speech)	682-6900
National Suicide Prevention Lifeline (Suicide)	1-800-273-TALK (8255)
Suicide Prevention Hotline (Suicide)	1-800-448-3000
San Benito CISD Parental Involvement Center (Parent Sessions)	361-6310