

FEELING DOWN?

Contact information for when you are feeling anxious, depressed, or have thoughts of harming yourself.

AT SCHOOL

Counselors

Monika Juergens-Freshman
John McKinney -10-12 A-Hal
Amy Matney- 10-12—Ham-Muc
Lisa Gingles 10-12-Mud-Z

Room 33.0 First Hallway

School Psychologist

Bethany Trimble

Room 32.2 First Hallway

School Nurse

Nicole King

Room 36 First Hallway

ASACS Counselors

Samantha Locke 10&12
Room 1.63.1 Math Hallway

Kevin Cuzzo 9&11
Room 1.81.1 History Hallway

MFLAC

Ashley Stuck
+1502-630-9384
(WhatsApp available)
stucka@magellanhealth.com

AT HOME

Military One Source

Dial Toll-Free:

0800-888-0013

Press 5

Dial 800-342-9647

National Suicide Prevention Lifeline

Dial Toll Free

00-800-273-8255

Military Crisis Line

Dial (not Toll-Free)

001800-273-8255

Press 1

Samaritans.org

0800-181-0771

0800-181-0772

Stuttgart Garrison

MFLAC Services

01520-265-8259

05120-499-5260

For IMMEDIATE assistance or emergencies dial 112 or the Military Police Desk at 0711-680-5268-2