



Balance is critical to your success.

**On Centennial's Campus you have the following
to help you find balance, develop coping skills and
navigate what you are going through.**

Laura Willis, School Psychologist,

Located in the 600 building, between culinary and the boy's bathroom

Judy Glatting: Behavior Interventionist

Located in the back of the library on the left side

Holly Travis: School Social Worker

Located in the guidance office

Your School Counselor

Located in the guidance office

Peer Counseling – Serve as a Mentor, Mediator

Crisis Hotlines

*After School Hours, On the Weekends
or When a friend Reaches Out for Help, below are
some resources to speak, text or chat with.*

Seek Support!

Crisis services are available to any Arizona resident, regardless of health insurance coverage. If you or someone you know is experiencing a behavioral health crisis, please call one of these national or local crisis lines:

If a friend tells you they are thinking of suicide, call 911 and the Peoria Police will do a welfare check.

National 24-Hour Crisis Hotlines

National Suicide Prevention Lifeline:

Phone 1-800-273-TALK (8255)

Teen Life Line phone or text:

602-248-TEEN (8336)

National Substance Use and Disorder Issues Referral and Treatment Hotline:

1-800-662-HELP (4357)

Crisis TXT Line: Text the word "HOME" to 741741

