

SUPPORT FOR YOU!

Covid-19 has caused a lot of changes in life! You might be feeling stressed, anxious, sad, or disconnected.

At VOA High school there are still supports for you and your mental health during this time.

A mental health therapist through Vona center for mental Health is able to see students using video calls (this is kind of like Facetime). Sessions are confidential and the same as if they were to be in person. If you think that may not work for you, staff can explore telephone sessions.

We are Phoenix and will rise from this
TOGETHER!

INTERESTED?

Call or text Tara at 612-505-1069, or reach out to Adrian, Betsy, Bri, or Jenny and they will connect you!

OTHER SUPPORT:

If you or someone in your family is experiencing a mental health crisis, please call:

Adult (18 and older):

612-596-1223

Child (17 and under):


612-348-2233

Services are available 24/7 for anyone in crisis.

Text "MN" to 741-741

You can call or text 1-844-739-6369 5PM to 9AM. This "warmline" offers support to people informally who are not experiencing a crisis but looking for someone to talk to

VONA
CENTER FOR MENTAL HEALTH™

 Volunteers of America
MINNESOTA