

EBISD Counseling and Psychological Services

Suicide

National Suicide Prevention Lifeline
1-800-273-8255
www.suicidepreventionlifeline.org

Alcohol

Council of Alcohol and Drugs-Houston
713-942-4100
www.council-houston.org

Al-Anon and Ala-Teen
1-888-425-2666
www.al-anon.org

Smoking

Texas Quitline
1-877-937-7848
www.yesquite.org

Eating Disorder

National Eating Disorders Association
Helpline: 1-800-931-2237

Grieving

The Compassionate Friends
1-877-969-0010
www.compassionatefriends.org

Pregnancy

American Pregnancy Helpline
1-866-942-6466
www.thehelpline.org

Dating Violence

Dating Abuse Stops Here
1-866-331-9474
www.loveisrespect.org

Self-Harm-Cutting

The Hope Line
1-800-394-4673
www.thehopeline.com

Other Sources

Child Protective Services (CPS)
1-800-252-5400
Runaway/Crisis Intervention Hotline
1-888-580-4357 or 1-800-392-3352

East Bernard ISD Counselors

Rebecca Cavness
979-335-7519, Ext. 114
Kimberly Sulak
979-335-7519, Ext. 141

EBISD District Nurse
Sandra Dusek, R.N.
979-335-7519, Ext. 123