

# LAHS STUDENT WELLNESS AND SUPPORT

Worried  
about a  
friend?

Need a safe  
adult to talk  
to?

**Conversations are confidential.  
You can stay anonymous  
if you make a referral!**

English  
referral form

Spanish  
referral form



English  
[bit.ly/mvlasupport](https://bit.ly/mvlasupport)

Spanish  
[bit.ly/mvlaayuda](https://bit.ly/mvlaayuda)

## Need a space to reset, take a break, or recharge?

Come explore our drop-in Wellness space and try out a variety of self-directed calming activities. Look out for special events and workshops hosted at E<sup>2</sup> throughout the year.

# E<sup>2</sup>

Come to the

# EAGLE ESCAPE

