

Dear Broncos,

During times of civil uncertainties words cannot heal pain and suffering. We acknowledge the frustration and anguish some of you are feeling. A just and equitable society is important for us all. We want you to know that we are working as a collective to make our school a better place. We welcome your input.

Below are some tips and resources.



## Social/emotional Resources

### [Disaster Distress Helpline](#)

- Call **[1-800-985-5990](#)** or text **TalkWithUs to 66746** to connect 24/7, 365-day-a-year, a national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

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*We miss you; we care about you.  
You are important!*

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Warmline Helpline: [855-845-7415 \(24/7\)](#)

[CareSolace for MVUSD \(service linkage\): 888-515-0595](#)

[NAMI Helpline 800-950-NAMI \(6264\)](#)

[The Safe Place App](#)

## What can you do to promote change?

- Reach out, offer support and comfort
- Educate yourself and others, do your research
- Listen, pay attention
- Voice your concerns
- Vote



## Educational Resources

- [American Civil Liberties Union](#)
- [Southern Poverty Law Center](#)
- [National Immigration Law Center](#)
- [The International Rescue Committee](#)
- [The State Refugee Coordinators](#)
- [Congreso de Latinos Unidos, Inc.](#)
- [PFLAG](#)
- [Gay, Lesbian, & Straight Education Network \(GLSEN\)](#)
- [Test Your Bias](#)

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*“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.” - Maya Angelou*

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