



Cornerstone Charter High School

7107 N. BlackCanyon Hwy
Phoenix, AZ 85021



Cornerstone High School is proud to offer social, emotional, academic, and career development support for all students. The school desires to develop the skills and abilities to learn, work and live in partnership between home, school and the community.

We are here to help. The school provides guidance counseling and support, primarily short-term, temporary services aimed at the more effective education and socialization within the school community.

A counselor will be contacting each student, however if additional services are needed, feel free to call the school at 602-595-2198 to set up an appointment for your student.

Online resources:

Coping with Stress: Printable Handout

<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4885.pdf>

A Parents Guide for Talking about COVID: Printable Handout

https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-006-508.pdf

Self Care for Teens: Printable Packet:

https://www.healthyteennetwork.org/wp-content/uploads/Luc_Treat-YourSelf_slides-and-handouts.pdf

Spanish: Hable con sus hijos sobre el COVID-19-Printable handout

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout_Spanish.pdf

Talking About COVID-19 (Coronavirus): A Parent Resource, Website:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Feelings Wheel:

<https://ytp.uoregon.edu/sites/ytp2.uoregon.edu/files/Feelings%20Wheel%20in%20PDF.pdf>

Services Available:

Terros:

Crisis 602-222-9444

Other 602-685-6000

<https://www.terroshealth.org/>

www.cornerstonehs.org

☎ Phone: 602-595-2198 * 📠 Fax: 602-242-2398



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National Suicide Prevention Hotline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

Hotlines and explanation of services provided

<http://suicidehotlines.com/arizona.html>

[Teen Lifeline: Home](#)

602-248-8336 (TEEN) or

Statewide in Arizona 800-248-8336 (TEEN)

<http://lafrontera-empact.org/crisis-lines/>

24-Hour Crisis Hotline:

(480) 784-1500 or

(800) 273-8255

Videos:

Self Care in High School: Seven Minutes

<https://www.youtube.com/watch?v=gEHPTjMv4F0>

A Self-Care Action Plan: Five Minutes

<https://www.youtube.com/watch?v=w0iVTQS8ftg>

How to Practice Self-Care During the Coronavirus Pandemic: Five Minutes

<https://www.youtube.com/watch?v=yblukokYksA>

Relieve Stress & Anxiety with Simple Breathing Techniques- Five Minutes

<https://www.youtube.com/watch?v=odADwWzHR24>

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