

Low Self-Esteem?

Bullying?

Depression?

Anger?

Grief/Loss?

Relationship
Conflicts?

Test Anxiety?

Gender Identity?

Need to vent?

Social
Anxiety?

CONTACT VAN NUYS HIGH SCHOOL'S PSYCHIATRIC SOCIAL WORKERS!



MS. KARINA, MSW

Supporting 9th & 10th grade students
Available: Mon-Fri 7:30am-4:00pm
Karina.Lares@lausd.net or 805-552-6010



MS. DEBORAH, MSW

Supporting 11th & 12th grade students
Available: Mon-Fri 7:30am-4:00pm
Deborah.Ebrahemil@lausd.net or 424-394-1682

Mental Health Hotlines:

- LAUSD Mental Health Hotline (213) 241-3840 (8am-5pm)
- National Suicide Prevention Lifeline (800) 273-TALK
- Trevor Lifeline for LGBTQ Youth (866) 488-7386 (24 hours)
- Department of Mental Health 24-hour ACCESS Center (800) 854-7771
- Teen Line – text “TEEN” to 839863 (6pm-9pm daily)
- Crisis Text Line – Text “LA” to 741741