

## Academic Resources

1. Talk with your teacher(s). Ask for suggestions on what you can do to improve your grade. Ask about online resources for homework help.
2. Meet with the teacher outside of class time for extra help. Please note that the hour-long lunch time would be a great time to do this.
3. Homework Help (students do not earn credit)- Ms. Radloff, Location A250, Monday, Tuesday, Thursday, 3:05 – 4:45
4. After Hours (students take a class after school for credit) – see your counselor for more information.
5. Upward Bound- Amy Nemitz, SMSU in the Media Center. Students must meet qualifications and apply for this program before they can work with Amy or the tutors. The application and qualifications are on the SMSU website ([www.smsu.edu](http://www.smsu.edu)). Type “Upward Bound” in the search box.
6. Put more time and effort into studying. This may mean studying for the course(s) you are struggling in nearly every night. Ramp Up activities will provide some ideas on study strategies.
7. Study with another student who is or has taken the course. Caution: requires dedication and focus on studying, not visiting.
8. Stop in Student Services and view the volunteer tutor list. Contact a tutor on the list and meet with them to work on your course(s). We recommend meeting the tutor in a safe, public place such as the lunch room at MHS after school or Student Services. Tutors are student volunteers.

## Crisis Help Numbers

1. 911 for law enforcement, fire, ambulance for **emergencies only**.
2. 537-7000 **Marshall Police Department** for non-emergency situations.
3. 1-800-658-2429 **Mental Health Crisis Line**: for mental health issues, i.e. depression, suicide
4. 1-800-543-7709: **First Call for HELP Southwest**: 24 hrs a day hotline if you’re looking for someone to talk to, needing a place to sleep, something to eat, if you want to go home, need a doctor, lawyer, counselor or if you want to help a friend. Anytime you need help and don’t know who to call this number will help you find the right resource.
5. 1-800-222-1222: **Poison Control Center**.
6. 1-800-621-4000: **Runaway Crisis Line: National Runaway Hotline**.
7. 1-800-862-1453: **Alcohol/Drug Abuse Referral (Project Turnabout)**.
8. 532-5764 or 1-800-881-7493: **New Horizons Crisis Center**: for victims of sexual assault/rape, child abuse or crime.
9. 537-6747: **Southwest Health and Human Services**: Long term needs for families (health care, housing assistance, resources).
10. 1-800-273-TALK (8255): **Suicide Prevention Hotline**.
11. 1-855-4ALERT1 (1-855-425-3781): **SafeSchools Alert Incident Reporting**, the district code is 1014, or visit [www.swmn.org](http://www.swmn.org) and select the link on the left to report the incident online.