

# DELONE CATHOLIC HIGH SCHOOL TASC TEAM

The TASC team is here to help you deal with problems that are stopping you from doing well in school or stressing you out. You may feel uncomfortable or embarrassed to ask for help, but knowing how and where to find assistance can help you take an important first step.

Students, are you or a friend:  
Having problems keeping your grades up?  
No longer feeling like hanging out with friends or family?  
Not enjoying your favorite activities like you used to?  
Not getting along with others?  
Being bullied or harassed?  
Feeling like you just can't seem to get it all together?  
Experimenting with or using alcohol or other drugs?  
Adjusting to a new school?  
Close to someone or have a family member serving in the military?  
Having thoughts of hurting yourself or someone else?  
Feeling emotionally overwhelmed?  
Always worrying?  
Thinking about suicide?  
Dealing with the breakup of a relationship?  
Being hurt physically or emotionally by someone?  
Dealing with major changes in your family like your parents' divorce?  
Dealing with the illness or death of someone close to you?

The TASC team will help a student find services and assistance within school and, if needed, in the community. The TASC team does not diagnose, treat or refer students for treatment. Rather, the team provides families with information, and you make the choices. Remember, you are part of the team. Our goal is to help every student succeed in school.

Students, if you are worried about talking to your parents/guardian about your problems or being involved in TASC, someone on the TASC team can help you talk to your parents/guardian. There are many people in the school who care about you and want to help.

**ANYONE CAN REFER SOMEONE FOR HELP.  
EVERYONE IS PART OF THE TEAM.**

Contact: Mr. LaRocca, Mrs. Heberling, Mr. Cline,  
Mr. Hutton, Mrs. Marrocco, Mrs. Gadow, or Mrs. Phenicie  
for more information

The staff on the TASC team will respect the privacy of the student and his/her parents/guardians at all times. No one other than the TASC team and certain adults, who need to be informed, will know that a student is involved in the program.