

## Mental Health Resources and Contact Information for Students and Families

<p><b>National Suicide Prevention Hotline</b>  <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></p> <p>Call 1-800-273-8255</p>	<p>The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.</p>
<p><b>Care Solace</b>  <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></p>	<p>Care Solace helps individuals find mental health care providers and substance-use treatment centers. Their Care Companion team is available 24 hours per day, 7 days per week, and 365 days per year to quickly connect you to carefully verified providers in your community.</p>
<p><b>Community Crisis Response Team</b>  <a href="https://wp.sbcounty.gov/dbh/urgentcare/">https://wp.sbcounty.gov/dbh/urgentcare/</a></p> <p>Call (909) 421-9233, (760) 956-2345 or (909) 458-1517</p> <p>or Text (909) 420-0560, (760) 734-8093 or (909) 535-1316</p>	<p>A community-based mobile crisis response team for children and adults experiencing a psychiatric emergency. Teams are available in English and Spanish from 7 a.m. to 10 p.m. daily.</p>
<p><b>San Bernardino County Department of Behavioral Health (DBH)</b>  <a href="https://wp.sbcounty.gov/dbh/">https://wp.sbcounty.gov/dbh/</a></p>	<p>DBH provides mental health and substance use disorder services to county residents who are experiencing major mental illnesses and/or substance abuse issues and are uninsured or on Medi-Cal, and individuals experiencing a behavioral health crisis.</p> <p>DBH serves all age groups, with a primary emphasis placed on treating children/youth who may be seriously emotionally disturbed,</p>

	adults with a serious and persistent mental illness, and individuals with substance use disorders.
<b>National Alliance on Mental Illness (NAMI)</b> <a href="https://www.nami.org/Home">https://www.nami.org/Home</a>	NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
<b>National Association of School Psychologists Resources</b>  <b>Preventing Youth Suicide: Tips for Parents &amp; Educators</b> <a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators</a>  <b>Suicidal Thinking and Threats: Helping Handout for Home</b> <a href="https://www.nasponline.org/Documents/S3H14_Brock_Reeves_Parents_Suicide.pdf">https://www.nasponline.org/Documents/S3H14_Brock_Reeves_Parents_Suicide.pdf</a>	<p>The National Association of School Psychologists (NASP) represents and supports the profession of school psychology by advancing effective practices to improve students' learning, behavior, and mental health</p> <p>Links and information from the National Association of School Psychologists (NASP) to assist in the prevention of youth suicide.</p>
<b>Suicide Prevention Awareness</b> <a href="https://www.suicideispreventable.org/">https://www.suicideispreventable.org/</a>	Information on identifying the signs, starting the conversation, and accessing help.