



Mental Health Resources

Student Wellness and School Culture Unit

Mental Health Crisis and Support Lines

Crisis Text Line: Text HELP the 741741 to communicate free of charge with a Crisis Counselor
<https://www.crisistextline.org/>

This crisis line serves anyone regardless of their type of crisis and provides free support through text messages. Available 24 hours a day, 7 days a week.

SAMHSA's National Helpline: 1-800-662-4357
<https://www.samhsa.gov/find-help/national-helpline>

This is a free and confidential information and referral service for individuals and families struggling with mental health challenges and/or substance use disorders. Available 24 hours a day, 7 days a week, 365 days a year (English and Spanish).

Disaster Distress Helpline: 1-800-985-5990

The Disaster Distress Helpline provides counseling and crisis support to people who experience emotional distress related to natural or manmade disasters. Available 24 hours a day, 365 days a year in multilingual services.

Language Assistance Services: 1-877-696-6775
<https://www.samhsa.gov/language-assistance-services>

Free language support services for challenges with substance use or mental health from the Department of Health and Human Services.

Suicide & Crisis Lifeline: 988

<https://988lifeline.org/>

The lifeline provides free and confidential support for people in distress or in crisis or for people who are supporting someone in crisis. Available in English and Spanish 24 hours a day, 7 days a week, 365 days a year.

[Visit the San Diego County Office of Education Virtual Wellness Center](#)

Mental Health
Websites

Find Your Words

<https://findyourwords.org/>

This site by Kaiser Permanente makes it easier to talk about mental health and to encourage more people to ask for help, take steps to help themselves, and support others.

MedlinePlus

<https://medlineplus.gov/childmentalhealth.html>

This website is an online information service for patients, family and friends. Find reliable and up-to-date information on diseases, conditions, and wellness issues.

MentalHealth.gov

<https://www.mentalhealth.gov/talk/parents-caregivers>

This website provides access to information about mental health and mental health problems. The goal of MentalHealth.gov is to educate and provide guidance.

Mental Health America: Resources for Parents

<https://mhanational.org/mental-health-resources-parents>

This website is a comprehensive resource for mental health and wellbeing for parents. Take a mental health screening, find resources and learn how to support yourself and your loved ones.

Mental Health
Handouts

5 Things You Should Know About Stress

<https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>

Helping Children and Adolescents Cope with Disasters and Other Traumatic Events: What Parents, Rescue Workers, and the Community Can Do

<https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events>

The Teen Brain: 7 Things to Know

<https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know>

I'm So Stressed Out! Infographic

<https://www.nimh.nih.gov/health/publications/so-stressed-out-infographic>

The Opioid Crisis and the Hispanic/Latino Population: An Urgent Issue

<https://store.samhsa.gov/product/The-Opioid-Crisis-and-the-Hispanic-Latino-Population-An-Urgent-Issue/PEP20-05-02-002>

Children and Mental Health: Is This Just a Stage?

<https://www.nimh.nih.gov/health/publications/children-and-mental-health>

Do I need help for my mental health?

<https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help>

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