

MENTAL HEALTH RESOURCES

HELPFUL NUMBERS

Santa Clara Suicide & Crisis Hotline (24 hour): 855-278-4204 Crisis Text Line: Text **RENEW** to 741741
Uplift (EMQ) Crisis Team (Santa Clara County, 24 hour): 408-379-9085
National Suicide Prevention Lifeline (24 hour): 1-800-273-TALK (8255)
Rape Crisis Hot Line (24 hour): 650-493-7273
Star Vista Crisis Line (San Mateo County): 650-579-0350
NAMI Santa Clara Warm Line (not a crisis line): 408-453-0400, option 1
NAMI San Mateo Warm Line (not a crisis line): 650-638-0800
Santa Clara County Mental Health Call Center (not a crisis line): 1-800-704-0900

MENTAL HEALTH ORGANIZATIONS AND RESOURCES

HEARD Alliance: www.heardalliance.org

K-12 ToolKit for Mental Health Promotion & Suicide Prevention: www.heardalliance.org/help-toolkit

Crisis Support Services of Alameda County: www.crisissupport.org/programs/*crisis-line

Suicide is Preventable/Know the Signs: www.suicideispreventable.org

Project Safety Net Palo Alto: www.psnpaltoalto.com

Children's Health Council (CHC): www.chconline.org

Jed Foundation (JED): www.jedfoundation.org

National Alliance on Mental Illness (NAMI): www.nami.org

American Foundation for Suicide Prevention (AFSP): www.afsp.org

Suicide Prevention Resource Center (SPRC): www.sprc.org

Stanford Center for Youth Mental Health and Wellbeing: <https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing.html>

"What Families Should Know About Adolescent Depression and Treatment Options"
<http://cpancf.com/pdf/namifamilyguidedepressionadolescentsandchildren.pdf>

The Society for the Prevention of Teen Suicide: www.sptsnj.org/parents

National Bullying Information: www.stopbullying.gov

Bullying and Cyberbullying Resources: www.adl.org/education/resources/tools-and-strategies/bullying-and-cyberbullying-prevention-strategies

