

MENTAL HEALTH RESOURCES

Note: Resource list 1 and 2 were created for the SF Bay Area and serve as a sample of what you can create for your community.

1- HEALTH/MENTAL HEALTH SERVICES

- Achieve Palo Alto 650-494-1200
<http://www.achievekids.org/aboutus/about.html>
- Adolescent Counseling Services 650-424-0852
www.acs.teens.org
- Alum Rock Counseling Center 408-294-0500
www.alumrockcc.org
- Asian Americans for Community Involvement (AACI) 408-975-2730
www.aaci.org
- Bill Wilson Center 408-243-0222
www.billwilsoncenter.org
- Billy DeFrank Lesbian & Gay Community Center 408-293-2429
<https://www.defrankcenter.org/about-menu/about-summary-menu>
- Catholic Charities of Santa Clara County 408-468-0100
www.catholiccharitiesscc.org
- Children's Health Council 650-326-5530
www.chconline.org
- Chinese Community Center of the Peninsula 650-324-6576
- Community Solutions Hot Line 408-638-4118
www.csi-online.org
- Family and Children Services 650-326-6576
www.fcservices.org
- Lucile Packard Psychiatry Clinic 650-723-7704
<http://med.stanford.edu/childpsychiatry.html>
- Palo Alto Medical Foundation 408-524-4192
www.pamf.org
- Palo Alto University Gronowski Center 650-961-9300
www.gronowski.paloalto.edu
- Uplift Family Services (formerly EMQ) 408-379-3790, for Emergencies 1-877-412-7474
www.upliftfs.org
- Ravenswood Health Clinic 800-704-0900
www.ravenswoodfhc.org
- Safe Space (Menlo Park) <https://www.safespace.org/>
- San Mateo County Mental Health Access Referral Team 800-686-0101
- Stanford Center for Youth Mental Health and Wellbeing
<https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing.html>

2-MENTAL HEALTH CARE

(A) Hospitals and Centers

- Alta Bates Medical Center 510-204-4569
www.altabatessummit.org
Herrick Campus 2001 Dwight Way, Berkeley, CA (Alameda County)
34 adolescent beds, inpatient services for ages 12-17.

- Fremont Hospital 510-796-1100
www.fremonthospital.com
39001 Sundale Drive, Fremont, CA 94538 (Alameda County)
40 adolescent and 6 child beds. Inpatient services for ages 6-17.
- John Muir Behavioral Health 925-674-4100
www.johnmuirhealth.com/locations/behavioral
2740 Grant St., Concord, CA 94520 (Contra Costa County)
24 adolescent and 10 child beds. Inpatient services for ages 4-18.
- Mills Peninsula Hospital 650-696-5915
www.mills-peninsula.org
www.mills-peninsula.org/centers
Mills-Peninsula Medical Center 1501 Trousdale Drive, Burlingame, CA 94010 (San Mateo County)
17 adolescent beds, inpatient services for ages 12-18.
- San Jose Behavioral Health (669) 900-1731
<http://www.sanjosebh.com/>
455 Silicon Valley Blvd, San Jose, CA 95138 (Santa Clara County)
80 inpatient beds mixed with adults, Services for adolescents 14-17

(B) Regional Adolescent Crisis Centers:

- Santa Clara County Emergency Psychiatric Service 408-885-6100
871 Enborg Ct, San Jose, CA 95128
- Santa Clara County Mental Health Urgent Care 408-885-7855
871 Enborg Ct, San Jose, CA 95128
- Uplift Family Services: Santa Clara 24 HR Mobile Crisis Unit and Crisis Stabilization Unit
Crisis Services 877-41-CRISIS (412-7474)
www.upliftfs.org
251 Llewellyn Ave., Campbell, CA 95008 (Santa Clara County)
 - The Mobile Crisis Program: provides 24-hour intervention to children and adolescents in the community who are experiencing acute psychological crisis. Included is a 5150 assessment along with safety planning and referrals to community based mental health services. Length of the service is two to four hours.
 - The Crisis Stabilization Unit: available for up-to-24-hour hold for assessment and treatment.

3-CRISIS LINES & TEXT LINES

- Alum Rock 24/7 Crisis Line (Phone and Mobile Crisis) 408-294-0579
- California Youth Crisis Line 800-843-5200 <http://calyouth.org/ca-youth-crisis-line/>
- Community Solutions Youth and Family Crisis Line 408-683-4118
- “Crisis Text Line” 741-741 <http://www.crisistextline.org>
- National Suicide Prevention Lifeline 800-273-TALK (also available in Spanish)
- Santa Clara County Parental Stress Hotline 408-279-8228
- Santa Clara County Suicide and Crisis Hotline: Available 24 Hours Day 855-278-4204
- San Mateo County Parental Stress Hotline 650-327-3333
- Suicide Prevention Resources for Teens <http://www.sprc.org/sites/default/files/resource-program/Teens.pdf>
- The Hope Line 1.800.394.HOPE www.hopeline.com.
- The Teen Line 310-855-4673, text “TEEN” to 839863, email @ <https://teenlineonline.org/>
- The Trevor Project 1-866-488-7386

- Uplift Family Services 24-7 Crisis Line (Phone and Mobile Crisis) 877-41-CRISIS (412-7474) - *Also a Crisis Center for Adolescent Psychiatric Care - both a Mobile Crisis Program and Crisis Stabilization Unit*
- You Matter via [National Suicide Prevention Lifeline](http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx): 1-800-273-8255 or chat @ <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>
- YWCA: 24-Hour Sexual Assault Crisis Line 408-287-3000

4-MENTAL HEALTH EDUCATION (WEBSITES)

- American Academy of Child and Adolescent Psychiatry www.aacap.org
- American Association of Suicidology (AAS): National Center for the Prevention of Youth Suicide <http://www.suicidology.org/ncypys/about>
- American Foundation for Suicide Prevention www.afsp.org
- American Psychological Association <http://www.apa.org/helpcenter/>, <http://www.apa.org/research/action/suicide.aspx>
- Anxiety and Depression Association of America www.adaa.org
- Building Bridges Initiative www.buidlingbridges4youth.org
- Center for Disease Control (CDC) – Suicide Prevention information <https://search.cdc.gov/search?query=suicide+prevention&utf8=%E2%9C%93&affiliate=cdc-main>
- Center for School Mental Health csmh.umaryland.edu
- Child Adolescent Bipolar Foundation: Balanced Mind Foundation www.thebalancedmind.org
- 3.26HEARD Alliance <http://www.heardalliance.org/>
- Lok-It-Up - - For parents and community members on firearm safety <http://www.kingcounty.gov/depts/health/violence-injury-prevention/violence-prevention/gun-violence/LOK-IT-UP/parents-community.aspx>
- Los Angeles County Youth Suicide Prevention Project <http://preventsuicide.lacoe.edu/resources/organizations.html>
- National Association of School Psychologists (NASP) <https://www.nasponline.org/> and <https://www.nasponline.org/search/search-results?keywords=suicide+prevention>
- ReachOut.com <http://us.reachout.com/> and <http://us.reachout.com/facts/suicide>
- SAVE Suicide Awareness Voices of Education <http://www.save.org/>
- Substance Abuse and Mental Health Services Administration (SAMHSA) – Suicide Prevention <https://www.samhsa.gov/suicide-prevention>
- Society for The Prevention of Teen Suicides (SPTS) <http://www.sptsusa.org/>
- Suicide Prevention Resource Center (SPRC) <http://www.sprc.org/>
- The Jason Foundation <http://jasonfoundation.com/>
- WRAP Wellness Recovery Action Plan www.mentalhealthrecovery.com
- YAM – Youth Aware of Mental Health <http://www.y-a-m.org/>

5-MOBILE APPS

- Anxiety Coach by Mayo Clinic: Anxiety Coach is a self-help app that addresses fears and worries using CBT strategies. <https://itunes.apple.com/us/app/anxietycoach/id565943257?mt=8>
- MY3: Designed for individuals who may experience suicidal crises to help avert crises, practice self-care, and reach out for help. Available in English and Spanish. www.my3app.org
- Stop, Breathe, and Think – For youth, with meditations for mindfulness and compassion; www.stopbreathethink.org

- Calm.com – Guided meditation and relaxation exercises; <https://www.calm.com>
- Calmeleon: Coloring Book for Adults: Coloring for Mindfulness; <https://itunes.apple.com/us/app/calmeleon-coloring-book-for-adults/id1004527643?mt=8>
- Colorfy – Coloring Book Free; www.colorfy.net
- HeadSpace – Meditation and mindfulness made simple; <https://www.headspace.com/headspace-meditation-app>
- Insight Timer – 2,714 free guided meditations; <https://itunes.apple.com/us/app/zen-timer-meditation-timer/id337472899?mt=8>
- MindShift – For teens, with mindfulness and other coping skills for anxiety; <https://www.anxietybc.com/resources/mindshift>
- Smiling Mind – Provides accessible, life-long tools based in mindfulness meditation; <https://smilingmind.com.au>
- Take a Break! – Guided meditations for stress relief; <https://itunes.apple.com/us/app/take-a-break-guided-meditations-for-stress-relief/id453857236?mt=8>

6-COMMUNITY ENGAGEMENT

- CDC Recommendations for a Community Plan for the Prevention and Containment of Suicide Clusters <https://www.cdc.gov/mmwr/preview/mmwrhtml/00001755.htm> **NOTE: *might be useful for clusters/contagion section***
- Collaboration Toolkit: California Community Colleges and California County Behavioral and Mental Health Departments <http://cccstudentmentalhealth.org/docs/CCCSMHP-Collaboration-Toolkit-BMHD.pdf> **NOTE: *This might be useful reference for the Transitions section***
- Organizing a Community Response to Suicide – Success Factors and Lessons Learned https://www.sccgov.org/sites/mhd/Providers/SuicidePrevention/Documents/SCCMHD_Organizing-a-Community-Response-to-Suicide.pdf **NOTE: *Santa Clara County's report about PSN***
- Recommendations for Reporting on Suicide <https://afsp.org/wp-content/uploads/2016/01/recommendations.pdf>

7-GRIEF SUPPORT

- Children, Teens and suicide Loss; [The Dougy Center](#) and [The American Foundation for Suicide Prevention](#) <https://afsp.org/wp-content/flipbooks/childrenteenssuicideloss/?page=1>
- Finding Support (American Foundation for Suicide Prevention) <https://afsp.org/find-support/>
- Friends for Survival <http://www.friendsforsurvival.org/>
- National Action Alliance for Suicide Prevention <http://www.sprc.org/sites/default/files/migrate/library/RespondingAfterSuicideNationalGuidelines.pdf>

More Grief resources in Appendix C

8-MEDIA & SOCIAL MEDIA

- Netflix – 13 Reasons Why Resources
 - 13 Reasons Why Talking Points - <http://www.heardalliance.org/wp-content/uploads/2017/05/13RW-Talking-Points-JED-SAVE-Netflix-1.pdf>

- 13 Reasons Why – Spanish Talking Points
<https://www.jedfoundation.org/wp-content/uploads/2017/03/Por-13-Razones.pdf>
- HEADSPACE: How to talk to young people about 13 Reasons Why –
<http://www.heardalliance.org/wp-content/uploads/2017/05/headspace-How-to-talk-to-young-people-about-13-Reasons-Why-V1-1.pdf>
- Tips for Parents – http://www.heardalliance.org/wp-content/uploads/2017/05/TipsForParents_2017-1.pdf
- Letter for School Administrators - <http://www.heardalliance.org/wp-content/uploads/2017/05/3-29-17-13RW-letter-for-school-parents-FINAL-1.pdf>
- 13 Reasons Why Webinar: An Interactive Discussion
<http://go.kognito.com/13reasonswhyondemandfollowup.html?aliid=636693>
- At-a-glance: Safe reporting on suicide. By Suicide Prevention Resource Center. (2005)
http://www.sprc.org/library/at_a_glance.pdf
- For School Administrators and Staff When a School Has Been Impacted by a Death
<http://griefspeaks.com/id97.html>
- Framework for Successful Messaging by National Action Alliance for Suicide Prevention
<http://suicidepreventionmessaging.actionallianceforsuicideprevention.org/framework>
- Making Headlines – Guide to Engaging the Media in Suicide Prevention http://calmhsa.org/wp-content/uploads/2011/11/12-CALM-0500_PurpGuidePDF-09-2012.pdf
- Recommendations for Reporting on Suicide <https://afsp.org/wp-content/uploads/2016/01/recommendations.pdf>
- Safe and effective messaging for suicide prevention
<http://www.sprc.org/sites/default/files/migrate/library/SafeMessagingrevised.pdf>
- Speaking Out About Suicide https://afsp.org/wp-content/uploads/2016/04/13279_AFSP_SpeakingOutAboutSuicide_Flyer_d4.pdf
- Social Media Guidelines for Mental Health Promotion and Suicide Prevention
<http://www.eiconline.org/teamup/wp-content/files/teamup-mental-health-social-media-guidelines.pdf>

9- RESOURCES FOR STUDENTS, STAFF, PARENTS/COMMUNITY MEMBERS

PDF's and Guidebooks

- “Preventing Suicide: A Technical Package of policy, Programs and Practices” <https://www.cdc.gov/violenceprevention/pdf/suicide-technicalpackage.pdf>
- Rocky Mountain MIRECC for Suicide Prevention – Advice on talking to preschool, school aged children and teenagers <http://www.mirecc.va.gov/visn19/talk2kids/e/> **NOTE: for after an attempted suicide**
- “Preventing Suicide: A Technical Package of policy, Programs and Practices” <https://www.cdc.gov/violenceprevention/pdf/suicide-technicalpackage.pdf>
- Suicide and Depression Awareness for Students Guide <http://www.learnpsychology.org/suicide-depression-student-guidebook/>
- Suicide Prevention for Middle School Students
<http://mgms.mesa.k12.co.us/parents/documents/SOS2010PARENTpresentation.pdf>

APPENDIX B2

- Suicide Prevention Resources for Teens <http://www.sprc.org/sites/default/files/resource-program/Teens.pdf>
- To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults Guide https://education.alaska.gov/tls/suicide/pdf/suicide_prevention_guide.pdf
- The Role of High School Mental Health Providers in Preventing Suicide <http://www.sprc.org/sites/default/files/resource-program/SchoolMentalHealth.pdf>
- The Role of High School Teachers in Preventing Suicide <http://www.sprc.org/sites/default/files/resource-program/Teachers.pdf>
- The Role of School Health and Mental Health Providers in Preventing Suicide <https://www.altru.org/app/files/public/7231/pdf-The-Role-of-School-Health-and-Mental-Health-Providers-in-Prevent.pdf>

Trainings and presentations

- Applied Suicide Intervention Skills Training (ASIST) <https://www.livingworks.net/programs/asist/>
- Assessing and Managing Suicide Risk (AMSR) Training <http://www.sprc.org/training-events/amsr>
- Break Free From Depression <http://www.childrenshospital.org/centers-and-services/boston-childrens-hospital-neighborhood-partnerships-program/break-free-from-depression-program>
- Connect Project <http://www.theconnectprogram.org/>
- Ending the Silence <http://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence>
- In Our Own Voice (IOOV) <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-In-Our-Own-Voice>
- Kognito <https://www.kognito.com/>
- More Than Sad <https://afsp.org/our-work/education/more-than-sad/>
- National Alliance For Mental Illness (NAMI):
- Parents and Teachers As Allies <http://www.nami.org/Find-Support/NAMI-Programs/NAMI-Parents-Teachers-as-Allies>
- Question, Persuade, and Refer (QPR) <https://www.qprinstitute.com/>
- Recognizing & Responding to Suicide Risk: Essential Skills for Clinicians <http://www.suicidology.org/training-accreditation/rsrc>
- SafeTALK <https://www.livingworks.net/programs/safetalk/>
- Suicide Prevention: A Gatekeeper Training for School Personnel <http://www.sprc.org/resources-programs/suicide-prevention-gatekeeper-training-school-personnel>
- Suicide Survivor Speakers Bureau <http://www.namimaine.org/?page=SpeakersBureau>
- Talk Saves Lives <https://afsp.org/our-work/education/talk-saves-lives-introduction-suicide-prevention/>
- Youth - Mental Health First Aid <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>
-

Transitioning to College

- Collaboration Toolkit: California Community Colleges and California County Behavioral and Mental Health Departments <http://cccstudentmentalhealth.org/docs/CCCSMHP-Collaboration-Toolkit-BMHD.pdf>

APPENDIX B2

- Promoting Student Mental Health: A Guide for UC Faculty and Staff <http://www.ucop.edu/student-mental-health-resources/files/pdf/PSMH-guide.pdf>
- Jed Foundation “Set To Go” <https://www.settogo.org>

Videos and webinars

- Directing Change <http://www.directingchange.org/> and <http://www.directingchange.org/2016-winners/>
- Recommended videos by the American Association of Suicidology <http://www.suicidology.org/resources/recommended-videos>
- Suicide Prevention Resource Center – self paced online courses <http://training.sprc.org/>
- Teen Suicide Prevention by Mayo Clinic <https://www.youtube.com/watch?v=3BByqa7bhto>
- Vignettes for Asian Parents of Teens - Introduction (use slide column to see all 8 vignettes) https://www.youtube.com/watch?v=eNHmRCRf1lQ&list=PLM_IsuL-RjXIqLVilDOheSFqrLE0UHcA
- We Can Help Us – Suicide section videos (ReachOut.com) <http://us.reachout.com/wecanhelpus/topics/>

Youth Suicide Prevention Programs, Campaign, and Guides:

- CalMHSA suicide prevention programs: <http://calmhsa.org/programs/pei-statewide-projects/2011-2015-phase-i/suicide-prevention/>
 - Each Mind Matters program <http://www.eachmindmatters.org/>
 - Know the Signs Campaign <http://www.suicideispreventable.org/>
 - Walk In Our Shoes: a mental health education and awareness campaign <http://walkinourshoes.org/>
 - For the media <http://calmhsa.org/wp-content/uploads/2011/11/Media-Analysis-Final-Approved-09-2012.pdf> and http://calmhsa.org/wp-content/uploads/2011/11/12-CALM-0500_PurpGuidePDF-09-2012.pdf and http://calmhsa.org/wp-content/uploads/2011/11/12-CALM-0500_PurpGuidePDF-09-2012.pdf
 - Suicide Prevention Best Practices Data Handbooks by Region: Handbooks exist for all California regions and have a section on best practices, for example the San Francisco Bay Area can be found here <http://calmhsa.org/wp-content/uploads/2014/08/Bay-Area-Region-Data-Handbook.pdf>
- Lifelines: A Comprehensive Suicide Awareness and Responsiveness Program for Teens <http://www.hazelden.org/web/public/lifelines.page>
- National Center for the Prevention of Youth Suicide (NCPYS) <http://www.suicidology.org/NCPYS>
- Source of Strength <https://sourcesofstrength.org/>
- The Trevor Project <http://www.thetrevorproject.org/>