

Selected Resources on Mental Health and Resilience

HELPFUL NUMBERS

- Crisis Text Line (free, 24/7, confidential): Text BAY to 741741 to be connected with a trained Crisis Counselor
- 24-hour Suicide and Crisis Line (Santa Clara County) 650-494-8420 or 408-279-3312
- Uplift (EMQ) Crisis Team (Santa Clara County) 408-379-9085 or 877-412-7474
- Star Vista Crisis Line (San Mateo County): 650-579-0350
- NAMI Santa Clara Warm line: 408-435-0400, option 1
- NAMI San Mateo Warm line: 650-638-0800
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) Suicide prevention telephone hotline funded by the U.S. government. Provides free, 24-hour assistance.
- Rape Crisis Hot Line (24 hour): 650.493.7273

MENTAL HEALTH ORGANIZATIONS AND RESOURCES

- HEARD Alliance (heardalliance.org): Collaborative among healthcare agencies, schools and providers in the SF Bay Area; Contains useful resources and websites on mental health
- Project Safety Net Palo Alto (psnpaloalto.com)
- Jed Foundation (Devoted to college mental health & suicide prevention): <http://www.Jedfoundation.org>
- NAMI (Nat'l Alliance on Mental Illness) {nami.org; family support and advocacy}
- American Foundation for Suicide Prevention (AFSP): <http://www.afsp.org/>
- Suicide Prevention Resource Center (SPRC): <http://www.sprc.org/>

SELECTED RESOURCES ON MENTAL HEALTH AND RESILIENCE

- Stanford Center for Youth Mental Health and Well-being: <https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing.html>
- NAMI's booklet entitled "What Families Should Know About Adolescent Depression and Treatment Options" http://www.nami.org/Content/ContentGroups/CAAC/Family_Guide_final.pdf
- The parent page for The Society for the Prevention of Teen Suicide: <http://www.sptsnj.org/parents/>
- National Bullying Information: <https://www.stopbullying.gov/>
- Bullying and Cyberbullying Resources for Schools, Youth and Families: <https://www.adl.org/education/resources/tools-and-strategies/bullying-and-cyberbullying-prevention-strategies>