

# Mental Health Resources



## Youth

- [988](#)
- [CalHOPE](#)
- [CA Youth Crisis Line](#)
- [Teen Line](#)
- [Local Resources and Support](#)



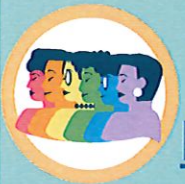
## Families

- [Know the Signs English](#)
- [Know the Signs Spanish](#)
- [Parent Guide to Teen Depression](#)
- [Stress Relief for Kids](#)
- [CA Parent and Youth Help Line](#)



## Schools & Educators

- [Livingworks Suicide Prevention Online Training](#)
- [Suicide Prevention: A Toolkit for High Schools](#)
- [Center For Resiliency, Hope and Wellness In Schools](#)
- [Classroom WISE Video Library](#)



## LGBTQIA+

- [The Trevor Project](#)
- [Q Chat Space](#)



## Community

- [Sutter-Yuba Behavioral Health](#)
- [Psychiatric Emergency Services \(Also Known As Crisis\)](#)



For more  
information  
on 988  
Scan Here

**988** SUICIDE & CRISIS  
LIFELINE



*Student Support & Outreach*  
Connecting students, families, districts and the community