



### Sutter Yuba Mental Health Clinic

Organization providing services for mental health and substance use disorders in Yuba and Sutter Counties, based on ability to pay.

[www.suttercounty.org](http://www.suttercounty.org)

**Remember, you can also talk to your school's mental health professional for additional information and support.**



### Peachtree Health

Website providing resources for patients with Medi-Cal, Medi-Care, or those without health insurance.

[pickpeach.org](http://pickpeach.org)



### NAMI **NATIONAL**

Website providing resource guides for youth and adults dealing with anxiety, supporting friends, and finding help through a directory.

[www.nami.org](http://www.nami.org)



### The Trevor Project Hotline **NATIONAL**

National website offering 24/7 hotline and text support to connect with counselors and access resources for assistance.

[www.trevorproject.org](http://www.trevorproject.org)



### Student and Teacher Mental Health **STATE**

Website supporting students in crisis with resources for mental health and wellness during school closures.

[www.cde.ca.gov](http://www.cde.ca.gov)