



Crisis Support Services Of Alameda County

Website providing crisis support for all ages, offering counseling to prevent suicide and depression during difficult times.

www.crisissupport.org

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



NAMI **NATIONAL**

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

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



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