

## **SANTA CLARA**

### **Local Resources**



### **Bill Wilson**

A center providing confidential helplines for all ages, offering supportive listening, counseling, crisis intervention, and referrals.

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

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



### **Silicon Valley Strong**

Organization providing food distribution and resources, including mental health support, online learning, and financial assistance. Visit the website for details.

[www.sanjoseca.gov](http://www.sanjoseca.gov)



### **County of Santa Clara Behavioral Health Services**

Suicide prevention and crisis hotline with resource referrals, available in English, Chinese, Farsi, Spanish, Tagalog, and Vietnamese.

[bhsd.santaclaracounty.gov](http://bhsd.santaclaracounty.gov)



## **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)