



Community Medical Centers

Website providing medical, dental, behavioral health, and supportive services in San Joaquin, Solano, and Yolo Counties.

www.communitymedicalcenters.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