



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 Yolo County

National affiliate providing information, referrals, and support for those affected by serious mental illness, using an answering service.

namiyolo.org



Communicare Health Centers

Website serving multiple communities across the Yolo County region in various locations.

communicarehc.org



Yolo County

A list of Yolo County Health and Human Services mental health services, with overviews and contact information available.

www.yolocounty.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



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