

## MONTEREY

### Local Resources



### Harmony at Home

Nonprofit website aiming to end violence by empowering children and young adults through counseling via phone and virtual platforms.

[www.harmony-at-home.org](http://www.harmony-at-home.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](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)