



## Stanislaus County Behavioral Health Services

Organization offering mental health services for adults, youth, and provides substance treatment and prevention in Stanislaus County.

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

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



## Golden Valley Health Centers

Over 38 centers in Merced and Stanislaus Counties offering services accessible to everyone.

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