



County of Santa Cruz Behavioral Health Services

Website providing guidance for handling a mental health crisis, offering resources for yourself, family, and friends.

www.santacruzhealth.org

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



Community Connection

Organization empowering the mental health community through wellness, meaningful activities, and strong community connections.

scvolunteercenter.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