

## Local Resources



### **Tulare County Health and Human Services Agency**

Mental Health Branch offering services for residents experiencing mental illness and substance use disorder symptoms.

[tchhsa.org](http://tchhsa.org)

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



### **Omni Family Health**

Website offering medical, dental, behavioral health, chiropractic, optometry, specialty services, and more.

<https://omnifamilyhealth.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)