

Mental Health Resources



Youth

- [988](#)
- [CaHOPE](#)
- [CA Youth Crisis Line](#)
- [Teen Line](#)
- [Local Resources and Support](#)



Families

- [Know the Signs English](#)
- [Know the Signs Spanish](#)
- [Parent Guide to Teen Depression](#)
- [Stress Relief for Kids](#)
- [CA Parent and Youth Help Line](#)



Schools & Educators

- [Livingworks Suicide Prevention Online Training](#)
- [Suicide Prevention: A Toolkit for High Schools](#)
- [Center For Resiliency, Hope and Wellness In Schools](#)
- [Classroom WISE Video Library](#)



LGBTQIA+

- [The Trevor Project](#)
- [Q Chat Space](#)



Community

- [Sutter-Yuba Behavioral Health](#)
- [Psychiatric Emergency Services \(Also Known As Crisis\)](#)



For more
information
on 988
Scan Here

988 SUICIDE & CRISIS
LIFELINE