



Mental Health Resources

Knowing the importance of mental health in the education of our students, we strive to ensure that all families in our school community have access to valuable pupil mental health services resources in their local communities. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.¹

As many families have already experienced, during the school year School Counselors work with families to identify long term community mental health support. There is a collaborative effort between the School Counselors and the Student Services team to identify these resources.

- At the High School and Middle School level, each high school student has an assigned School Counselor listed in their Student Portal.
- For Elementary, please contact our School Social Worker, Shannon Doss at (909) 347-0058.

Year-round support and mental health services are provided in local communities. For our different school regions, here are some of the support services available:

Region	Resource Links
Southern California	<ul style="list-style-type: none">• Orange County Health Care Agency - Behavioral Health• Los Angeles County Dept. of Mental Health• Riverside County Dept. of Mental Health• San Bernardino County Dept. of Mental Health• San Diego County Behavioral Health Services
Central California	<ul style="list-style-type: none">• Kern County Mental Health Department• Fresno County Mental Health Services• Inyo County Public Health• Kings County Behavioral Health• Tulare County Health & Human Services• Santa Barbara County Dept. of Mental Wellness• County of San Luis Obispo Behavioral Health

¹ From "What is Mental Health?" www.mentalhealth.gov

Region	Resource Links
Northern California	<ul style="list-style-type: none"> • Ventura County Behavioral health • Colusa County Behavioral Health Department • County of Glenn Behavioral Health • Lake County Behavioral Health Services • Mendocino County Behavioral Health Services • Napa County Mental Health • County of Sonoma- Behavioral Health Division • Yolo County Mental Health Services • Alameda County Behavioral Health Amador County Behavioral Health • Calaveras County Mental Health • Contra Costa Health Services • Sacramento County Dept. of Health Services • San Joaquin County Behavioral Health • Stanislaus County Behavioral Health • Monterey County Behavioral Health • San Benito County Behavioral Health Dept. • San Mateo County Health • County of Santa Clara Behavioral Health Services • County of Santa Cruz Behavioral Health Division

National Suicide Prevention Lifeline-24/7 1-800-273-TALK (8255)

Crisis Text Line- Text HOME to 741741 anywhere in the US

