

## **SELECTED RESOURCES ON MENTAL HEALTH AND RESILIENCE**

### **HELPFUL NUMBERS**

24-hour Suicide and Crisis Line (Santa Clara County) 650-494-8420 or 408-279-3312

Uplift (EMQ) Crisis Team (Santa Clara County) 408-379-9085 or 877-412-7474

Star Vista Crisis Line (San Mateo County): 650-579-0350

NAMI Santa Clara Warm line: 408-435-0400, option 1

NAMI San Mateo Warm line: 650-638-0800

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) Suicide prevention telephone hotline funded by the U.S. government. Provides free, 24-hour assistance.

Rape Crisis Hot Line (24 hour): 650.493.7273

### **MENTAL HEALTH ORGANIZATIONS AND RESOURCES**

HEARD Alliance (heardalliance.org): Collaborative among healthcare agencies, schools and providers in the SF Bay Area; Contains useful resources and websites on mental health

Project Safety Net Palo Alto (psnpaloalto.com)

Jed Foundation (Devoted to college mental health & suicide prevention):  
<http://www.Jedfoundation.org>

NAMI (Nat'l Alliance on Mental Illness) {nami.org; family support and advocacy}

American Foundation for Suicide Prevention (AFSP): <http://www.afsp.org/>

Suicide Prevention Resource Center (SPRC): <http://www.sprc.org/>

## **SELECTED RESOURCES ON MENTAL HEALTH AND RESILIENCE**

Stanford Center for Youth Mental Health and Wellbeing:  
<https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing.html>

NAMI's booklet entitled "What Families Should Know About Adolescent Depression and Treatment Options"  
[http://www.nami.org/Content/ContentGroups/CAAC/Family\\_Guide\\_final.pdf](http://www.nami.org/Content/ContentGroups/CAAC/Family_Guide_final.pdf)

The parent page for The Society for the Prevention of Teen Suicide:  
<http://www.sptsnj.org/parents/>

National Bullying Information: <https://www.stopbullying.gov/>

Bullying and Cyberbullying Resources for Schools, Youth and Families:  
<https://www.adl.org/education/resources/tools-and-strategies/bullying-and-cyberbullying-prevention-strategies>