

Crisis Lines:

- [The National Suicide Prevention Lifeline](https://www.nationalsuicidepreventionlifeline.org/) 1-800-271-8255
The 24-hour, toll-free, confidential suicide prevention hotline is available to anyone in suicidal crisis or emotional distress. It provides Spanish-speaking counselors, as well as options for deaf and hard of hearing individuals.
Línea de Vida Nacional de Prevención del Suicidio ofrece servicios gratuitos en español para alguien que está en crisis o necesita ayuda llame al 1-888-628-9454
Options for Deaf and Hard of Hearing 1-800-985-5990 or text TalkWithUs to 66746
- [Crisis Text Line:](#)
Text HOME to 741741 to connect with a crisis counselor for 24/7 support
A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.
- [Contra Costa Crisis Center:](#)
Call 211 or 800-833-2900 or text HOPE to 20121 for immediate phone contact or text with a trained mental health professional, 24 hours a day, 7 days a week

If your child is experiencing a mental health emergency, call 911.

Additional Mental Health and Wellness Resources:

- [Suicide Prevention Resource for Parents](#)
- [Nine Strategies to Address Student Behavior During Distance Learning](#)
- [Tips from a School Psychologist to Support Mental Health](#)
- [Community Wellness Resources](#)
- [Teen Mental Health Guide](#)
-

Videos:

- [Strategies to support Student Mental Health](#)
- [Behavioral Strategies to Support Student Learning](#)