

CalHOPE *Schools*

RESOURCES

988 -Suicide and Crisis Hotline 24 hours a day in English and Spanish

CalHOPE General Information

<https://www.calhope.org/>

CalHOPE Connect-Live Chat Monday-Sunday 8:00 am -Midnight outside these hours call the warm line

(833) 317-HOPE (4673)

CalHOPE Peer- Run Warm Line to speak with a counselor – call or text

(855) 845-7415

National Alliance on Mental Illness (NAMI)-California

<https://namica.org/find-your-local-nami/>

California Health and Human Services Agency

<https://www.chhs.ca.gov/>

California Suicide and Crisis Hotlines

<https://www.suicidehotlines.com/california.html>

Together for Wellness -CalHOPE partnership with UCLA

<https://calhope.semel.ucla.edu/>

California County Mental Health Access

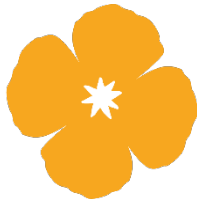
<https://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx>

Building a Network of Safety for School Communities-Project Cal-Well with California Department of Education

<https://www.cde.ca.gov/ls/mh/projectcalwell.asp>

Collaborative for Academic, Social and Emotional Learning

<https://casel.org/>



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Grit X App created by the University of California, San Francisco, with methods to help cope and manage trauma, stress, and emotions through self-reflection.

<https://gritx.org/>

California Youth Empowerment Network (CAYEN)

<https://www.ca-yen.org/>

Project Cal -STOP violence prevention and mental health training program for students and staff in California Schools

<https://www.cde.ca.gov/ls/mh/projectcalstop.asp>

Directing Change Program art and film contest for young people to express thoughts on mental health, social justice, and equity.

<https://directingchange.ca.org/>

Children Now an advocacy organization focused on issues facing children

<https://www.childrennow.org/>

Ed 100 a parent guide to California's education system

<https://ed100.org/>

Resources in Spanish

CalHOPE- LA EXPERNZA

<https://www.calhope.org/pages/recursos.aspx>

CalHOPE Schools Initiative

<https://www.calhopeschools.org/es>

Together for Wellness- Juntos por Nuestro Bienstar

<https://calhope.semel.ucla.edu/home-espanol>

Ayuda En Espanol

<https://988lifeline.org/help-yourself/en-espanol/>