

Mental Health Services

According to the National Association of School Psychologists, "Mentally healthy children are more successful in school and life. Good mental health is critical to children's success in school and life. Research demonstrates that students who receive social-emotional and mental health support achieve better academically. School climate, classroom behavior, on-task learning, and students' sense of connectedness and well-being all improve as well. Mental health is not simply the absence of mental illness but also encompasses social, emotional, and behavioral health and the ability to cope with life's challenges. Left unmet, mental health problems are linked to costly negative outcomes such as academic and behavior problems, dropping out, and delinquency."

National Resources

- National Suicide Prevention Lifeline - This organization provides confidential support for adults and youth in distress, including prevention and crisis resources. Available 24 hours at 800-273-8255
- Crisis Textline by texting TALK to 74171
- CALL 9-1-1
- The Trevor Project - This organization provides suicide prevention and crisis intervention for LGBTQ youth between the ages of 13 and 24. Available at 1-866-488-7386 or visit <https://www.thetrevorproject.org/>.
- Big Brothers/Big Sisters of America – This organization is a community-based mentorship program. Community-specific program information can be found online at <https://www.bbbs.org> or by calling (813) 720-8778.

Local Resources

- Western Youth Services
17261 Oak Lane, HB CA 92647
(714) 842-4002