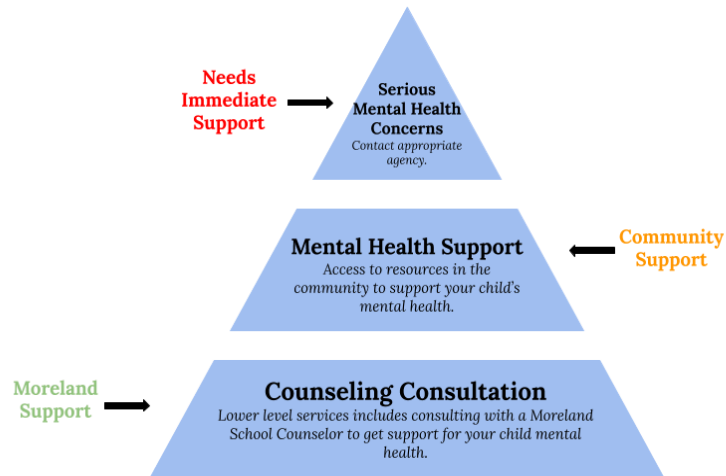


2022-23

## Mental Health Resources

Many families benefit from additional support as we continue to navigate the COVID-19 pandemic and post-pandemic landscape, so we are sharing some important information and resources to support you and your family. Please look through these resources if you need mental health support.

### Levels of Mental Health Support



### For Immediate Mental Health Concern or Threat of Suicide

If you or your child is in <b>immediate danger</b> , please call 911.	Call 911
If you feel that your child needs to be <b>assessed for risk of suicide</b> , regardless of your insurance provider, please call EMQ Mobile Crisis Unit.	Call 408-379-9085
<b>National Suicide Prevention Lifeline:</b> The Lifeline provides 24/7, free and confidential support. This site also houses information and resources about suicide for all populations. <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	Call 800-273-8255
The <b>Crisis Text Line</b> is available 24 hours per day to speak with a counselor at any time about a concern you may be having <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>	Text HELLO to 741741
The <b>Trevor Project</b> is a <b>FREE service to support LGBTQ youth</b> . Their trained counselors are here to support you 24/7. Call or text the Trevor LifeLine now if you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.	Call 1-866-488-7386 Text START to 678678

## Ongoing Mental Health Support

**CARE SOLACE**: Moreland School District fosters a culture that promotes the health, safety, and well-being of students and parents. In an effort to continuously support this commitment, the District has partnered with Care Solace. Care Solace is an FREE online resource with a live 24/7 concierge meant to assist individuals in finding local mental health related programs and counseling services.

<u>If your child has Medi-Cal</u> , contact the Santa Clara County Behavioral Health Services for assistance in accessing mental health services from the county, referrals to community services, and assistance during a mental health crisis.	Call 800-704-0900
<u>If you have private insurance</u> , contact the number on the back of your insurance card.	

## Moreland School-Based Counseling Consultation

If you have questions about your child's mental health and you would like to consult with a Moreland School Counselor, please complete the [Moreland Counseling Request Form - Click Here](#). Please note, this form will be checked during school hours on Monday through Friday from 8:00 am to 3:00 pm. It may take up to 24 hours for you to receive a response from a Moreland counselor.

## Online Mental Health Support for Families

If you feel that your child is exhibiting changes in mood, you may want to consider exploring an online resource such as [Your Life Your Voice - Click Here](#). This site offers tips and tools to help a person deal with challenging situations on the following topics:

### All Topics

Abuse	Dating	Identity	Self-Injury
Anger	Depression	Journaling	Stress
Anxiety	Distorted Thinking	Kindness	Suicidal Thoughts
Break Ups	Eating Disorders	Overwhelmed	Taking Care of You
Bullying	Family	Regrets	Transitioning to Adulthood
COVID-19	Friendship	School	Understanding Happiness
Coping Skills	Grief	Self Esteem	Worried About a Friend

**If you feel your child's mental health is not showing improvement, please contact your pediatrician.**

Moreland School District Community Resource List - Click Here: [English](#)/[Spanish](#)

