



Mental Health Resources

Bereavement and Grief Support Resources

The Children's Bereavement Program at the Elizabeth Hospice offers grief support to children ages 3 to 17, free of charge. Please see the link to apply for grief support groups: [click here for details](#)

National Association of School Psychologists (nasponline.org)

1. [Supporting Children's Mental Health: Tips for Parents and Educators - click here for details](#)
2. [Building Resiliency: Helping Children Learn to Weather Tough Times - click here for details](#)
3. [Strengthening Positive Parenting Practices During a Public Health Crisis - click here for details](#)
4. [Relocating to a New School: Tips for Families - click here for details](#)
5. [Helping Children Cope With Changes Resulting From COVID-19 - click here for details](#)
6. [Supporting Students Experiencing Childhood Trauma: Tips for Parents and Educators - click here for details](#)
7. [Managing Strong Emotional Reactions to Traumatic Events: Tips for Families and Teachers - click here for details](#)

Centers for Disease Control and Prevention (cdc.gov)

1. [COVID-19: Checklists to Guide Parents, Guardians, and Caregivers - click here for details](#)

San Diego County Office of Education

1. [Mental Health and Wellness Page Description Image - click here for details](#)
2. [How to Access Behavioral Health Services for Youth in San Diego County - click here for details](#)
3. [Teen Guide to Mental Health and Wellness - click here for details](#)

NAMI (National Alliance on Mental Illness)

1. San Diego Helpline 619-543-1434 Peer-to-Peer and Family Support
2. [NAMI San Diego – San Diego's Voice on Mental Illness Ending The Silence](#)

Crisis Hotlines and Resources

1. Contact the [San Diego Access & Crisis Line - click here for details](#), if you or someone you care about is experiencing a suicidal or mental health crisis and needs immediate help. Trained and experienced counselors are available to provide support, referrals, and crisis intervention. The call is free and confidential. If emergency medical care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.
2. Crisis Line 888-724-7240 (7 days a week, 24 hours a day)
3. [Live chat - click here for details](#) M-F 4:00 – 10:00 pm
4. TDD/TTY Dial 711



Bella Mente Academies

5. [National Suicide Prevention Lifeline - click here for details](#) 1800-273-8255 or 1-800-799-4889 for DHH
6. [Crisis Text Line | Text HOME to 741741 free, 24/7 Crisis Counseling - click here for details](#)
7. [211 San Diego - click here for details](#)
8. [Directory of Behavioral Health Services Providers - click here for details](#)
9. [Mental Health America of San Diego County - click here for details](#)
10. [National Alliance on Mental Illness \(NAMI\) San Diego - click here for details](#)
11. Call the [National Parent Helpline: 1-855-4A PARENT \(1-855-427-2736\) - click here for details](#) to get emotional support from a trained Advocate and become empowered and a stronger parent. They are available M-F 10:00 AM – 7:00 PM.
12. [San Diego County Behavioral Health Services - click here for details](#)