

Mental Health Resources

Immediate, Crisis Support

If you have a serious and immediate safety concern regarding a student (yourself or a friend), please **Call 9-1-1**. If your concern needs immediate mental health attention, support is also available by contacting one of the providers listed below.

Suicide Prevention Lifeline: **988(24 hrs)**

The California Peer-Run Warm Line: **1-855-845-7415**

National Domestic Violence Hotline: **1-800-799-7233**

Crisis Text Line(24 hours)

- Text: HOME to 741-741
- Website: www.crisistextline.org

TEEN Line - (6pm-10pm)

- Phone: 1-800-852-8336
- Text: TEEN to 839863
- Website: www.teenline.org

National Planned Parenthood

- Phone: 1-800-656-4673
- Website: plannedparenthood.org

RAINN - Rape and Battery Hotline (24 hours)

- Phone: 1-800-230-7526
- Website: rainn.org

Trevor Line - For LGBT youth (24 hours)

- Phone: 1-866-488-7386
- Text: START to 678678
- Chat: thetrevorproject.org/get-help/

GLBT National Youth Talkline (M-F 1-9 PM PST, Sat 9-2 PST)

- Phone: 800-246-7743
- Website: glnh.org

National Eating Disorder Association (8:30 – 4:30 PST)

- Phone: 800-931-2237
- Website: nationaleatingdisorders.org

National Drug and Alcohol Abuse Hotline

- Phone: 877-437-8422
- Website: drug-rehabs.org

National STD and AIDS Hotline (24 hours)

- Phone: 800-227-8922
- Website: ashastd.org

Childhelp National Child Abuse Hotline (24 hours)

- Phone: 800-4-A-Child (800-422-4453)

United Healthcare Servies (Parlier)

- Website: <https://unitedhealthcenters.org/behavioral-health>
- Make an appointment: <https://unitedhealthcenters.org/appointment>
- Phone: 1-800-492-4227

PUSD Counseling Programs and Social-Emotional Supports

Based on the National Standards from the American School Counseling Association, PUSD believes in a whole-child counseling approach to providing social-emotional and mental health support. We utilize the essential counseling standards to work with students in the domain areas of social-emotional health, academics, and college and career readiness. Through family, school, and community partnerships, our counseling programs are designed to create a safe and engaging space where students thrive and feel connected. Our goal is to help develop productive citizens who are resilient, self-advocating, life-long learners.