



need to talk?

*We are here!*

We understand these times are different and you might need someone to talk to. Provide us your contact information [here](#). We will contact you within 1 school day to speak with a school mental health provider, someone who can listen and offer strategies and supports for coping through this unusual circumstance.

If you are having an emergency, or a situation that cannot wait, please call 911 or call or text the California Youth Crisis Hotline at 800-843-5200.

We believe that reaching out for help is a sign of strength. These times are confusing for all of us and we are here for you. Please reach out if you need to talk, we are here for you!