

Wellness & Mental Health Supports



- [Just Davia: links to 15 mental health podcasts for people of color](https://www.justdavia.com/blog/15-mental-health-podcasts-for-people-of-color)
(<https://www.justdavia.com/blog/15-mental-health-podcasts-for-people-of-color>)

District Policy

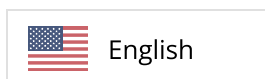
- [HUSD BP 5141.12 Suicide Prevention](https://simbli.eboardsolutions.com/Policy/ViewPolicy.aspx?S=36030212&revid=oodwiRM3uo0214hzAUbHdA==&ptid=amIgTZiB9plushNjl6WXhfiOQ==&secic)
(<https://simbli.eboardsolutions.com/Policy/ViewPolicy.aspx?S=36030212&revid=oodwiRM3uo0214hzAUbHdA==&ptid=amIgTZiB9plushNjl6WXhfiOQ==&secic>)
- [HUSD AR 5141.12 Suicide Prevention](https://simbli.eboardsolutions.com/Policy/ViewPolicy.aspx?S=36030212&revid=IMTZd63CXRsztc4VGPK7jg==&ptid=amIgTZiB9plushNjl6WXhfiOQ==&secic)
(<https://simbli.eboardsolutions.com/Policy/ViewPolicy.aspx?S=36030212&revid=IMTZd63CXRsztc4VGPK7jg==&ptid=amIgTZiB9plushNjl6WXhfiOQ==&secic>)
- [HUSD BP 5131.2 Bullying](https://simbli.eboardsolutions.com/Policy/ViewPolicy.aspx?S=36030212&revid=78KkDIAplusuOIsIshqHeDw41Stw==&ptid=amIgTZiB9plushNjl6WXhfiOQ=) (<https://simbli.eboardsolutions.com/Policy/ViewPolicy.aspx?S=36030212&revid=78KkDIAplusuOIsIshqHeDw41Stw==&ptid=amIgTZiB9plushNjl6WXhfiOQ=>)

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 English

- [HUSD AR 5131.2 Bullying \(https://simbli.eboardsolutions.com/Policy/ViewPolicy.aspx?S=36030212&revid=tjAl1RuB1pPsJ2xQMEk5PQ==&ptid=am!gTZiB9plushNjl6WXhfiOQ==&seci](https://simbli.eboardsolutions.com/Policy/ViewPolicy.aspx?S=36030212&revid=tjAl1RuB1pPsJ2xQMEk5PQ==&ptid=am!gTZiB9plushNjl6WXhfiOQ==&seci)

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During this time of change and challenge, each one of us are doing our best, every day. Most of us are experiencing uncertainty and stress. With so much we can't control, it is essential that we take action where we can to take care of ourselves and those around us.

Don't forget to be compassionate with yourself and others.

This page has some helpful links as well as contacts for a crisis. These resources are for students, families and staff to help themselves and each other and to make connections to additional supports.

Each school has a Coordination of Service Team (COST) to provide support services to all District students. ***If you would like some additional support for your student, please reach out to your school's Principal or your school's COST Coordinator.***

Please take care of yourself and your household and follow public health guidance to protect yourself, your family and all vulnerable members of our community.

If you or someone you know is experiencing a medical emergency, poses an immediate threat to themselves or others, or is being hurt by someone, **call 911 for immediate help.**

Get help now

[Crisis Support Services of Alameda County](https://www.crisissupport.org/) (<https://www.crisissupport.org/>)

1-800-309-2131

[National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/) (<https://suicidepreventionlifeline.org/>)

1-800-273-TALK

[24 Hour Textline](https://www.crisistextline.org/text-us/) (<https://www.crisistextline.org/text-us/>)

text "START" to 741741

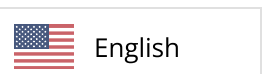
[Nacional de Prevención del Suicidio](https://suicidepreventionlifeline.org/help-yourself/en-espanol/) (<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>)

1-888-628-9454

[Childhelp® Child Abuse Prevention](https://www.childhelp.org/hotline/) (<https://www.childhelp.org/hotline/>)

1-800-4-A-CHILD (224453)

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National Domestic Violence Hotline (<https://www.thehotline.org/>)

1-800-799-7233

TrevorProject (<https://www.thetrevorproject.org/>)(LGBTQ+ youth)

1-866-488-7386

Trans Lifeline (<https://translifeline.org/>) (trans & questioning folx can talk to a trans person)

1-877-565-8860

Hayward Police Dept. Youth & Family Services Bureau (<https://www.hayward-ca.gov/police-department/public-services/youth-family-services-bureau/family-counseling>)

1-510-293-7048

SAVE OR PRINT THE ABOVE LIST
([HTTPS://DOCS.GOOGLE.COM/DOCUMENT/D/10XSODN2YIPCVRUWTFR2MFMJ2MQMBP-KTZ5TIWM7DTUE/PREVIEW](https://docs.google.com/document/d/10XSODN2YIPCVRUWTFR2MFMJ2MQMBP-KTZ5TIWM7DTUE/PREVIEW))

Each student ID card from 19/20 includes contacts above on the back of the card. Upon return to in-person instruction, all HUSD students will have new ID cards with updated information.

For Staff

- [Employee Assistance Program \(EAP\)](#) ([/fs/pages/6247](#)).

Suicide Prevention Resources

- [Know the Signs](https://www.suicideispreventable.org/) (<https://www.suicideispreventable.org/>)
- [Alameda Crisis Support Services](https://www.crisissupport.org/) (<https://www.crisissupport.org/>)(staff, student, family trainings & workshops)



English