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Student & Family Wellness

Wellness matters. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing circle. From meeting everyone's basic needs for safety and sustenance to enriching our experiences, wellness matters. Therefore, it is important to HBUHSD that everyone achieves optimal wellness in order to subdue stress, reduce the risk of illness, be best prepared for learning and school performance, and experience positive interactions.

Resources

- Families can [call 211](#) from any phone in OC for help with anything from legal aid to mental health emergencies to housing and transportation.
- The [NAMI warm line](#) is open to residents of OC or LA. Calling or texting can connect someone with support and resources in their respective counties.
- [The Trevor Project](#)- If you are a young person in crisis, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386.
- [The Crisis Text Line](#) - Text from anywhere in the USA to text with a trained Crisis Counselor
- [Suicide Prevention Lifeline](#) - Call 1-800-273-8255 or text ANSWER to 839863 to receive free and confidential support, 24 hours a day/7 days a week.
- [California Youth Crisis Line](#) - Call 1-800-843-5200 to connect with the statewide emergency response system for youth (ages 12-24) and families in crisis.
- [Robyne's Nest](#): If you are a student who is living independently without parental support, Robyne's nest

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Counseling Requests

Hazel Health (Free telehealth for students)



Resources

Wellness Triennial Assessment



can provide you with resources.

- CareSolace - a free resource to help you find a therapist that is right for you and is covered by your insurance. Right now, they are available 24/7 to assist you and your family (in English, Spanish, Mandarin, or Cantonese), specifically in helping setup online/virtual services. Call 1-888-515-0595 or email at weserve@caresolace.org.

Please Note: If you already have a counselor or therapist (even if you haven't seen them in a while), you can call their office and ask about "telehealth" services or virtual counseling/therapy. Many offices now offer these services that do not require you to come into the office.

Please view "[Resources](#)" for more information.