

CRISIS RESOURCES

Mental Health Resources & More

Teen Guide to Mental Health & Wellness

(https://resources.finalsite.net/images/v1757522793/psusdus/kd56e8hffb7x21subxta/Mental_Heal)

Crisis Number & Resources

(https://resources.finalsite.net/images/v1757522794/psusdus/xovvliq70hifxazoxsf2/Crisis_Numbe)

24/7 Mental Health Urgent Care

(https://resources.finalsite.net/images/v1757522852/psusdus/l34o7yxuuaxaclsbkanq/Dual_Progr)

Riverside County Suicide Prevention

La Prevencion de Suicidio de Condado de Riverside

Crisis Numbers California Dept Education (<https://www.cde.ca.gov/ls/cg/mh/studentcrisishelp.asp>)

Help for Students in Crisis (<https://www.cde.ca.gov/ls/cg/mh/studentcrisishelp.asp>)  **Ask the PSUSD chatbot!**



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