

Support is here for *you*

<ul style="list-style-type: none">➤ National Suicide Prevention Lifeline<ul style="list-style-type: none">○ 1-800-273-TALK	<ul style="list-style-type: none">➤ California Warmline<ul style="list-style-type: none">○ 1-855-845-7415
<ul style="list-style-type: none">➤ National Suicide Prevention Lifeline Chat<ul style="list-style-type: none">○ https://suicidepreventionlifeline.org/chat/	<ul style="list-style-type: none">➤ Crisis Text Line<ul style="list-style-type: none">○ Text HOME to 741741
<ul style="list-style-type: none">➤ Stanislaus County Crisis Line<ul style="list-style-type: none">○ 209-558-4600	<ul style="list-style-type: none">➤ Crisis Chat<ul style="list-style-type: none">○ www.crisischat.org
<ul style="list-style-type: none">➤ National Domestic Violence Hotline<ul style="list-style-type: none">○ 1-800-799-7233○ Text LOVE IS to 22522	<ul style="list-style-type: none">➤ School Counselor<ul style="list-style-type: none">○ Check School Website
<ul style="list-style-type: none">➤ The Trevor Project<ul style="list-style-type: none">○ 1-866-7386○ Text TREVOR to 1-202-304-1200○ Trevor Chat: www.thetrevorproject.org	<ul style="list-style-type: none">➤ MCS Social Emotional Hotline<ul style="list-style-type: none">○ 209-492-6000 - Option 3
<ul style="list-style-type: none">➤ Suicide Prevention 101 - Video https://vimeo.com/464407220	<ul style="list-style-type: none">➤ How to Help a Friend - Video https://vimeo.com/464403017