# **Help for Students in Crisis**

Resources for addressing mental health and wellness while school sites are closed.



## **Crisis Lines**

* [Teen & Youth Help Hotline External link opens in new window or tab.](https://teenlineonline.org/talk-now/) Teenage Advice, Crisis & Depression Helpline  
  Do you need help working something out? Do you want to talk to someone who understands, like another teen? We're here to help!
* [The National Suicide Prevention Lifeline External link opens in new window or tab.](https://suicidepreventionlifeline.org/chat/) 1-800-273-8255  
  The 24-hour, toll-free, confidential suicide prevention hotline is available to anyone in suicidal crisis or emotional distress. It provides Spanish-speaking counselors, as well as options for deaf and hard of hearing individuals.
  + Línea de Vida Nacional de Prevención del Suicidio ofrece servicios gratuitos en español para alguien que está en crisis o necesita ayuda llame al 1-888-628-9454
  + Options for Deaf and Hard of Hearing 1-800-985-5990 or text TalkWithUs to 66746
* [The Crisis Text Line External link opens in new window or tab.](https://www.crisistextline.org/)The Crisis Text Line is the only 24/7, nationwide crisis-intervention text-message hotline. The Crisis Text Line can be reached by texting HOME to 741-741.
* [The Veterans Crisis Line External link opens in new window or tab.](https://www.veteranscrisisline.net/)The 24-hour, toll-free, confidential hotline provides phone, webchat, and text options available to military veterans in crisis and their families and friends. It provides options for deaf and hard of hearing individuals.
  + Call the Veterans Crisis Line at 1-800-273-8255 and Press 1 or text to 838255.
* [The Trevor Project External link opens in new window or tab.](https://www.thetrevorproject.org/get-help-now/)The nationwide organization provides a 24-hour phone hotline, as well as limited-hour webchat and text options, for lesbian, gay, bisexual, transgender and questioning youth.
  + The Trevor Lifeline is a national 24-hour, toll free confidential suicide hotline for LGBTQ youth. Call 1-866-488-7386 24/7
  + Confidential online instant messaging with a Trevor Counselor 24/7
  + Confidential text messaging with a Trevor Counselor 24/7 Text START to 678678
  + TrevorText can be reached by texting TREVOR to 1-202-304-1200 (available M-F from 3PM to 10PM ET).
* [The Trans Lifeline External link opens in new window or tab.](https://www.translifeline.org/) 1-877-565-8860  
  The Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. It provides crisis intervention hotlines, staffed by transgender individuals, for trans and questioning callers.

## **Additional Resources**

### **For Mental Health Providers**

* [National Association of School Psychologists (NASP) COVID-19: Resource Center](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center) External link opens in new window or tab.
* [National Association of School Psychologists (NASP) Comprehensive School Suicide Prevention in a Time of Distance Learning External link opens in new window or tab.](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/crisis-and-mental-health-resources/comprehensive-school-suicide-prevention-in-a-time-of-distance-learning)
* [Pacific Southwest Mental Health Technology and Transfer Center (MHTTC) Wellness Wednesdays Webinars External link opens in new window or tab.](https://mhttcnetwork.org/centers/pacific-southwest-mhttc/event/pacific-southwest-mhttc-wellness-wednesdays-2)
  + [April 15 at 2:00 pm PT Register External link opens in new window or tab.](https://zoom.us/meeting/register/vJMldO-orTst8njRJUQJcPMqWzpL4m4q5Q)
  + [April 22 at 2:00 pm PT Register External link opens in new window or tab.](https://zoom.us/meeting/register/tZUvf-6rqz0isarNFN4Rhs5q2U3kSC89dQ)
  + [April 29 at 2:00 pm PT Register External link opens in new window or tab.](https://zoom.us/meeting/register/v5Qodu2tqz8oJZubd9IR8XsmIlto13H5hQ)
* [Self-Care & Thriving for Educators During a Public Health Crisis Webinar slides External link opens in new window or tab. (PDF)](https://mhttcnetwork.org/sites/default/files/2020-04/Self-Care%20and%20Thriving%20for%20Educators%20Slides%20with%20alttxt%20KR.pdf)
* [Mental Health Resources for K-12 Educators During COVID-1 External link opens in new window or tab. (PDF)](https://mhttcnetwork.org/sites/default/files/2020-04/mental-health-resources-for-k-12-educators-during-covid-19%20_0.pdf)
* [The Center of Excellence for Infant and Early Childhood Mental Health in collaboration with Frederick County Maryland’s Safe Babies Court Team Program Free Professional Development Guide External link opens in new window or tab. (PDF)](http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/COVID-19/Professional-Training-Resources-Early-Childhood.final%5B1%5D.pdf)
* [Center for Disease Control COVID-10: How to Prepare – Manage Anxiety and Stress External link opens in new window or tab.](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)
* [Taking Care of Yourself in the Face of Uncertainty. American Foundation for Suicide Prevention External link opens in new window or tab.](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/)
* [Supporting Practice for Mental Health Professionals During Pandemic- Related Social Distancing External link opens in new window or tab.](https://mhttcnetwork.org/centers/south-southwest-mhttc/product/supportive-practices-mental-health-professionals-during)

### **For Providing Virtual Mental Health Services**

* [US Department of Education FERPA & Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions (FAQs) External link opens in new window or tab. (PDF)](https://studentprivacy.ed.gov/sites/default/files/resource_document/file/FERPA%20and%20Coronavirus%20Frequently%20Asked%20Questions_0.pdf)
* [US Department of Health and Human Services Limited Waiver of HIPAA Sanctions and Penalties During a Nationwide Public Health Emergency External link opens in new window or tab. (PDF)](https://www.hhs.gov/sites/default/files/hipaa-and-covid-19-limited-hipaa-waiver-bulletin-508.pdf)
* [Center for Connected Health Policy COVID-19 State Actions in California External link opens in new window or tab. (PDF)](https://www.gov.ca.gov/wp-content/uploads/2020/04/4.3.20-EO-N-43-20-text.pdf)
* [Department of Managed Health Care All Plan Letter- Billing for Telehealth Services; Telehealth for the Delivery of Services External link opens in new window or tab. (PDF)](http://www.dmhc.ca.gov/Portals/0/Docs/OPL/APL%2020-013%20-%20Telehealth%20Services%20(4_7_2020).pdf)

### **For Families**

* Center for the Study of Traumatic Stress: [Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks External link opens in new window or tab. (PDF)](https://dmh.mo.gov/media/pdf/taking-care-your-family-during-coronavirus-and-other-emerging-infectious-disease)
* Centers for Disease Control and Prevention: [Caring for Children: Tips to Keep Children Healthy While School’s Out External link opens in new window or tab.](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html)
* [Supporting and reassuring children around the world External link opens in new window or tab.](https://www.mindheart.co/descargables)
* [National Child Traumatic Stress Network Parent/Caregiver Guide to Helping Families Cope with The Coronavirus Disease 2019 External link opens in new window or tab.](https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019)
* [Child Trends Resources for Supporting Children’s Emotional Well-being during the COVID-19 Pandemic External link opens in new window or tab.](https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic)
* [National Association of School Psychologists Considerations for Delivery of School Psychological Telehealth Services External link opens in new window or tab.](https://www.nasponline.org/x39099.xml)
* [National Association of School Psychologists Virtual Service Delivery in Response to COVID-19 Disruptions External link opens in new window or tab.](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/virtual-service-delivery-in-response-to-covid-19-disruptions)

### **For Youth**

* [Mental Health Teen Guide External link opens in new window or tab. (PDF)](https://covid-19.sdcoe.net/Portals/covid-19/Documents/Health%20Practices/Mental_Health_Teen_Guide_April_2020.pdf?ver=2020-04-01-154404-163)
* [LGBT Youth Fact Sheet External link opens in new window or tab. (PDF)](https://www.wellspacehealth.org/wp-content/uploads/2016/10/LGBT-Youth-2016-Fact-Sheet.pdf)
* [GritX External link opens in new window or tab.](https://gritx.org/) is an online platform that provides high levels of mental health care, so youth and young adults can thrive, connect, and find resilience and share their own stories, in their own way. The activities help participants get through, get back to, or maintain different emotions.
* [Please Pass the Love External link opens in new window or tab.](https://www.pleasepassthelove.org/covid-19-resources?blm_aid=16689), through its Storms Don't Last Forever #SDLF campaign, has created free weekly age-appropriate online programs your youth, families, school staff, mental health providers, and anyone who works with children! In addition, Please Pass the Love compiled resources for school systems, educators, telehealth, and more.

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