



**PROJECT AWARE**

*Advancing Wellness & Resiliency in Education*

# MENTAL HEALTH SUPPORT

Blue Oak Academy



## 211 Tulare County

Connects our community with resources, support services, and opportunities.



## 988 Talk to Someone Now: Lifeline

### **SAMHSA Suicide and Crisis Line**

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.



## Blue Oak Academy

PH: (559) 730-7422



## Sycamore Valley Academy

PH: (559) 622-3236



## Visalia Youth Services

**Scan QR Code for Online Referral**

Ph: (559) 627-1490  
After Hours Crisis  
(559) 730-9922 OR  
1 (800) 320-1616



### **Tulare County Health & Human Services Agency**

TCHHSA provides mental health services for residents including suicide prevention and substance abuse treatment, prevention, and recovery.



### **SAMHSA's National Helpline**

This Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

**1-800-662-HELP (4357)**

**Text your zip code to: 435748 (HELP4U)**



**CalHOPE | CONNECT**



### **CalHOPE Connect**

**CalHOPE Warm Line:  
(833) 317-HOPE (4673)**



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**Tulare County  
Office of Education**

*Tim A. Hire, County Superintendent of Schools*