

# Student & Parent Resources

If you need help, please use the resources below, or ask to speak with your Guidance Counselor, Mrs. Holguin or Boynton's CASSY Therapist

**\* If you or someone you know is in immediate danger, please call 911 or go to the nearest hospital. \***

## SUICIDE PREVENTION RESOURCES

- **The Society for Preventing Teen Suicide:**
  - [www.sptsusa.org/teens](http://www.sptsusa.org/teens)
- **The Crisis Text Line:**
  - [www.crisistextline.org](http://www.crisistextline.org)
- **The National Suicide Prevention Lifeline:**
  - English: 1-800-273-TALK (8255)
  - Spanish: 1-888-628-9454
  - Tele-interpreters service available for over 150 languages
- **Santa Clara County Suicide & Crisis Hotline:**
  - Toll-free: 1-855-278-4204
  - Available 24 hours a day / 7 days a week
  - Languages spoken - English and Spanish
- **Bill Wilson Center:**
  - Crisis Hotline - 24 hours a day / 7 days a week: 408-850-6125
  - [www.billwilsoncenter.org/teens/resources/hotlines.html](http://www.billwilsoncenter.org/teens/resources/hotlines.html) - a referral/information network for youth in Santa Clara County that will connect young people, ages 8-18, to an appropriate agency when they do not know where to go or who to speak to. (This Center is part of the Santa Clara County Public Health Department's Violence Prevention Network. For information, call 1-888-247-7717).

## MENTAL HEALTH RESOURCES

- HelpGuide for Mental Health and Wellness: [www.helpguide.org](http://www.helpguide.org)
- National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)

- Anxiety and Depression Association of America: [www.adaa.org](http://www.adaa.org)
- National Eating Disorders Association: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- National Alliance on Mental Illness, Santa Clara County: [www.namiantaclara.org](http://www.namiantaclara.org)
- Santa Clara County Department of Behavioral and Alcohol/Drug Services: [www.sccgov.org/sites/bhd](http://www.sccgov.org/sites/bhd)
- Partnership for Drug-Free Kids: [www.drugfree.org](http://www.drugfree.org)

## TEEN & PARENT INFORMATION AND RESOURCES

- KidsHealth for Teens: [www.kidshealth.org/en/teens](http://www.kidshealth.org/en/teens)
- KidsHealth for Parents: [www.kidshealth.org/en/parents](http://www.kidshealth.org/en/parents)
- Technology Safety, Privacy and Security: [www.connectsafely.org](http://www.connectsafely.org)
- Advocates for Youth - Fight for Sexual Health, Rights and Justice: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)
- Peace-it-Together Counseling Agency: [www.peace-it-together.org](http://www.peace-it-together.org)
- Bill Wilson Center Hotline & Referral/Information Resource: [www.billwilsoncenter.org](http://www.billwilsoncenter.org)
- The More You Know - an NBC public service initiative focused on education, diversity, health, civic engagement and the environment: [www.themoreyouknow.com](http://www.themoreyouknow.com)
- Safety Tips for Teens: [www.safekids.org](http://www.safekids.org)
- Rebekah Children's Services: [www.rcskids.org/services/](http://www.rcskids.org/services/)
- Seneca Family of Agencies offering unconditional care: [www.senecafoa.com](http://www.senecafoa.com)
- Social Services Agency, County of Santa Clara: [www.sccgov.org/sites/ssa](http://www.sccgov.org/sites/ssa)

## LGBTQ RESOURCES

- LGBTQ Program of Family and Children's Services: [www.youthspace.org](http://www.youthspace.org)
- LYRIC Center for LGBTQ Youth: [www.lyric.org](http://www.lyric.org)
- Billy DeFrank LGBTQ+ Community Center: [www.defrankcenter.org](http://www.defrankcenter.org)
- Outlet - a program of Adolescent Counseling Services: [www.acs-teens.org/what-we-do/outlet](http://www.acs-teens.org/what-we-do/outlet)

- Parents, Families, Friends, LGBTQ People and Allies: [www.pflagsanjose.org](http://www.pflagsanjose.org)
- Gender and Sexualities Alliance Network: [www.gsanetwork.org](http://www.gsanetwork.org)
- COLAGE - Unites People with LGBTQIA+ Parents/Caregivers: [www.colage.org](http://www.colage.org)
- Family Equality Council: [www.familyequality.org](http://www.familyequality.org)

## LEGAL RESOURCES

- The Superior Court of California, Santa Clara County, Guardianship Self-Help: [www.scscourt.org/self\\_help/probate/guardianship/guardianship\\_home.shtml](http://www.scscourt.org/self_help/probate/guardianship/guardianship_home.shtml)
- County of Santa Clara, Office of the District Attorney, Victim Assistance Program: <https://www.sccgov.org/sites/da/VictimServices/restitution/Pages/VICTIMASSISTANCEPROGRAM.aspx>
- The Superior Court of California, Santa Clara County, Legal Aid Help & Resources: [www.scscourt.org/self\\_help/legal\\_resources.shtml](http://www.scscourt.org/self_help/legal_resources.shtml)
- County of Santa Clara, Office of Immigrant Relations: [www.sccgov.org/sites/oir/Pages/links.aspx](http://www.sccgov.org/sites/oir/Pages/links.aspx)

## HEALTH SERVICES RESOURCES

- Kaiser Permanente Health & Wellness: <https://healthy.kaiserpermanente.org/health-wellness>
- California Department of Health Care Services: [www.dhcs.ca.gov/services](http://www.dhcs.ca.gov/services)
- Medi-Cal Provider Home Page <https://www.medi-cal.ca.gov/>
- Indian Health Center <https://www.indianhealthcenter.org/>

## HOUSING RESOURCES

- California Homeless Shelter Directory:  
[www.homelessshelterdirectory.org/california.html](http://www.homelessshelterdirectory.org/california.html)
- Santa Clara County Housing: [www.scchousingsearch.org](http://www.scchousingsearch.org) - (877) 428-8844
- City of Santa Clara Emergency Homeless Assistance:  
[www.santaclaraca.gov/government/departments/community-development/housing-community-services-division/homeless-assistance](http://www.santaclaraca.gov/government/departments/community-development/housing-community-services-division/homeless-assistance)
- Housing Authority of Santa Clara County:  
[www.scchousingauthority.org/section-8-housing-programs/other-housing-programs-types/](http://www.scchousingauthority.org/section-8-housing-programs/other-housing-programs-types/)