



Social-Emotional Programs & Resources for RBUSD Families



South Bay Families Connected - <http://www.southbayfamiliesconnected.org/>
Resources for students (in middle and high) and parents (in all grades) for wellness and substance use prevention. SBFC offers RBUSD parents access to free resources, education events, authentic South Bay stories from parents and teens, current videos, and resources for issues related to social media, stress, depression, peer pressure, and yes, drugs, vaping, alcohol, and more.



Care Solace - caresolace.com/redondobeachfamilies
This platform is for students struggling with substance use addiction and/or mental health issues. Care Solace is a safe, simple, confidential, and efficient way to select the right provider for the individual needing care.



BCHD Resources & Referrals - <http://www.bchd.org/resources>
Find health-related resources and information for students, adults and families who need additional support and assistance with mental health, medical, dental, vision & hearing, substance use, and more. Contact Beach Cities Health District's Community Services Department for more information at 310-374-3426, ext. 256.



Weekly Parent Chat - <https://www.southbayfamiliesconnected.org/events>
Wondering if your child is experimenting with drugs or alcohol? Trying to manage student stress? Seeking guidance around social media and technology? A free weekly support group provided in partnership with [Beach Cities Health District](#), [Thelma McMillen Center](#), and South Bay Families Connected. All parents are welcome! Every Monday at 10 a.m. at the Beach Cities Health District ([map](#))

Know the five signs.

- Personality changed?
- Agitated?
- Withdrawn?
- Poor self-care?
- Hopeless?

Adapted from the national Change Direction initiative. Learn more at changedirection.org.

Suicide Prevention

The Redondo Beach Unified School District acknowledges the importance of recognizing warning signs for crisis/trauma/suicide to prevent, intervene, and provide post-care for students who have considered or attempted suicide. RBUSD has implemented a suicide prevention, intervention, and post-vention policy that specifically addresses the needs of students who exhibit suicidal ideation. Included in the policy is suicide prevention awareness training for RBUSD staff and a "Know the Signs" campaign for students. Please see your school counselor for more information.

In cases of emergency, dial 911. For help, please utilize the resources below:

- Crisis Text Line – Text "HELLO" to 741-741 and a counselor will respond
- LA County Suicide Prevention Crisis Line (24/7): (877) 727-4747
- Teen Line (800) TLC-TEEN (852-8336) or <http://teenlineonline.org> or text "TEEN" to 839863 between 5:30 – 9:30 p.m. to speak with peer counselors
- National Suicide Prevention Lifeline (24/7): (800) 273-TALK (8255)
- Trevor Project Lifeline for LGBTQ Youth (24/7): (866) 488-7386



The Gathering Place – Bereavement Support

The mission of The Gathering Place is to encourage healing, health, strength and confidence in those who have experienced the death (within the last two years) of a loved one. They focus is on support groups that specialize in bereavement services for adults, teens and children. (310) 546-6407