

Suicide Prevention & Mental Health Supports

Protecting the health and well-being of all students is very important in the Atwater Elementary School District. All students will learn about recognizing and responding to warning signs of suicide in friends, using coping skills, using support systems, and seeking help for themselves and friends. If you or a friend are showing signs of depression and suicide risk, please remember to ACT:

- **Acknowledge**-that you are seeing signs of depression or suicide in yourself or a friend and that it is serious
- **Care**- Let your friend know how much you care about them and that you are concerned that they need help
- **Tell**- a trusted adult that you are worried about yourself or a friend

All students will be expected to help create a school culture of respect and support in which students feel comfortable seeking help for themselves or friends. Students are encouraged to tell any staff member if they, or a friend, are feeling suicidal or in need of help. You can also get help in the school or community at:

Atwater Elementary District Mental Health Contacts		
School Psychologist	Telephone Number	School Site
Miriam Andrade	(209) 357-6517	Peggy Heller
	(209) 357-6136	Aileen Colburn
Kendall Callister	(209) 357-6124	Mitchell Senior
Krushenka Salazar		
Martha Morales	(209) 357-6140	Bellevue
Ms. Del Toro	(209) 357-6145	Shaffer
	(209) 357-6148	Thomas Olaeta
Karina Flores	(209) 358-3741	Preschool
Cristina Rubalcava	(209) 357-6143	Elmer Wood
	(209) 357-6112	Mitchell K6

National & County Resources	
National Suicide Prevention Hotline	1-800-273-8255
Crisis Text Line	Text HOME to 741741 in the United States
Merced County Mental Health Services	(209) 381-6879
National Alliance on Mental Illness (NAMI)	(209) 381-6844
Nine-Line Crisis Counseling (24-Hour) Nationwide Crisis/Suicide Hotline for Runaways, Homeless Youth, and their Families, Short-Term Phone Counseling	(800) 999-9999
Peer to Peer Crisis Teen Line	(800) 852-8336
Sierra Vista Child & Family Services	(209) 205-1058
Marie Green Inpatient Psychiatric Center	(209) 381-6879