



MENTAL HEALTH AWARENESS & RESOURCES



If you or someone you know is struggling emotionally or having trouble coping, there is help. Students in distress or those who just want to talk about their problems, can call the **National Suicide Prevention Lifeline at 1-800-273-8255** (en Español 1-888-628-9454) or text “home” to 741741 for free, confidential support.

CRISIS HOTLINES & TEXTLINES

Crisis Text Line

Text Home to 741-741

Drug Abuse National Hotline

1 (800) 662-4357

Homeless Crisis Hotline

1 (800) 231-6946 or Call 211

National Domestic Violence Hotline

1 (800) 799-7233 (SAFE)

National Suicide Prevention Lifeline

24 Hour Crisis Line

Call or Text **988**

National Suicide Lifeline Chat

988LIFELINE.ORG

Teen Line (Teens Helping Teens)

1 (800)-852-8336 · Text TEEN to 839-863

The California Youth Crisis Line

24 Hour Crisis Line

1 (800) 843-5200

Trevor Lifeline LGBTQ

1(866) 488-7386

Text **START** to 678-678



LOCAL AREA RESOURCES

Camarena Health

(559) 664-4000

Madera Area Suicide Prevention Hotline

1 (888) 275-9779

Madera County C.A.R.E.S Team

(Crisis Assessment, Response, and Evaluation Services) *24/7 mobile crisis services within Madera County*

(559) 673-3508

Madera County Behavioral Health

(559) 673-3508

·Spanish: 1 (888) 682-9454

·Teen: 1 (310) 855-4673

National Alliance on Mental Illness (NAMI)

1 (800) 950-6264

·Fresno Office (not a crisis line):

(559) 224-2469

Victim Services - Community Action Partnership of Madera County

24 hour Crisis Hotline

1 (800) 355-8989

MADERA COUNTY SUPERINTENDENT OF SCHOOLS SCHOOL COUNSELORS AND PSYCHOLOGISTS



Apollo Campus

(559) 662-4648

·Rita Sepulveda, School Psychologist

Career and Alternative Education Services

(559) 662-4640

·Elizabeth Rodriguez, School Counselor

·Myrtha Torres, School Counselor

·Rita Sepulveda, School Psychologist

Educational Services

(559) 673-6051

·Maygualida Falcón, Counselor

·Student Support Systems

Norman M. Gould Educational Center

(559) 674-0915

·Carla Lopez, School Psychologist

·Serina Hernandez, School Psychologist

·Susie Verduzo-Samanc, School Psychologist