

**March 24, 2020 3pm**

Good afternoon PGUSD Families,

We have no new updates for you at this time.

Stay well.

Ralph G. Porras

## **RESOURCES/ADDITIONAL INFO**

### **CORRECTION: FREE ZOOM MASTERCLASS**

Dr. Norouzi teaches a Conscious Parenting class through the PG Adult School and is offering a free Zoom Masterclasses for both conscious parenting and mindfulness to the public. Join the class on Thursday, March 26 at 5pm. No need to register. Any questions, please contact Dr. Arayeh Norouzi directly at 831.915.9438 or [arayeh@yahoo.com](mailto:arayeh@yahoo.com)

**Corrected link:** <https://zoom.us/j/3744268226>

### **AIM YOUTH MENTAL HEALTH**

#### **Additional Resources**

#### **Behavioral Health Services & Resources During COVID-19 Pandemic**

##### **National Resources:**

- The National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- Substance Abuse & Mental Health Services Administration (SAMHSA): 1-800-662-4357
- SAMHSA's Disaster Distress Hotline: 1-800-985-5990 or text "TalkWithUs" to 66746
- Teen Line: 1-800-TLC-TEEN or text "TEEN" to 839863 between 6:00-9:00 pm PST
- National Crisis Hotline and Textline: 1-877-663-5433 or text "Connect" to 741741
- National Hopeline Network: Call or text 1-877-235-4525
- LGBTQ+ National Youth Talkline: 1-800-246-7743

##### **California Based Resources:**

- California YOUTH Crisis Line: 1-800-843-5200
- Mental Health Association of San Francisco, California Peer-Run Warm Line: 1-855-845-7415
- Beacon Health, Mental Health referrals for Medi-Cal beneficiaries: 1-855-765-9700
- California Mental Health Services Authority: [www.eachmindmatters.org](http://www.eachmindmatters.org), [www.suicideispreventable.org](http://www.suicideispreventable.org), and [www.emmresourcecenter.org](http://www.emmresourcecenter.org)

##### **Monterey County Based Resources:**

- Crisis Hotline: 831-458-5300
- Natividad Medical Center: 831-755-4111
- Community Hospital of Monterey (CHOMP) Mental Health Department: 831-625-4600
- Monterey County Behavioral Health: 888-258-6029
- Community Human Services (substance abuse, mental health counseling, and recovery services to middle/low income individuals and families): 831-658-3811
- Interim, Inc. OMNI Warmline: Call 831-800-7660, text 831-998-7916, [omni@interiminc.org](mailto:omni@interiminc.org)
- Valley Health Associates, Youth Outpatient Drug Treatment: 831-424-6655
- Equine Healing Collaborative, Marriage and Family Therapists and Social Workers,

831-582-1017

- Harmony at Home (Community counseling for individual, couples, and families on a sliding scale): Carmel 831-625-5160, Salinas 831-272-6644, Sarah@Harmony-At-Home.org

- NAMI (National Alliance for Mental Illness) Monterey: info@namimonterey.org or 831-422-NAMI

- United Way Monterey County: Call 2-1-1 or text your zip code to 898-211

- Sam's Guide (Guide to everything Monterey County):

[http://mcdss.co.monterey.ca.us/docs/SAM's\\_GUIDE\\_2019.pdf](http://mcdss.co.monterey.ca.us/docs/SAM's_GUIDE_2019.pdf)

**YOU ARE NOT ALONE!**

**YOU DESERVE SUPPORT!**

**THERE ARE PEOPLE READY TO HELP!**