

MENTAL HEALTH AND WELLNESS RESOURCES

If you or someone you know is experiencing a mental health crisis, or if you or someone you know is in immediate need of support, please call 911, the Uplift Crisis Team at 408-379-9085, or seek support through one of the resources at the bottom of this page.

MVLA will be offering optional school-based counseling support for students currently receiving counseling services on a check-in basis from the hours of 9 a.m. to 12 p.m. and 1 p.m. to 3 p.m. via the HIPAA- and FERPA-compliant online platform [Zoom](#).

For students who currently receive school-based counseling services on campus, we will be contacting you directly to offer optional continuity of care check-ins. Unfortunately, due to staffing capacity, we cannot guarantee that a student's current therapist will be available.

For students who receive therapeutic services through an IEP, our ERMHS School-Based Therapists will be reaching out directly to you and your families.

If you were not receiving MVLA school-based counseling services in school, and you would like to receive more information about how to access therapeutic services outside of school, please schedule an appointment by completing this [Google Form](#). (If you are in crisis or if you have a mental health emergency, **DO NOT** complete this form. Please call 911 or reach out to a crisis support resource below.)

Please allow for a 24-hour response to all email communication, and up to a 48-hour turnaround time for the scheduling of each appointment (not including weekends and school holidays).

For students who currently visit our Health Van, we are working with the providers to determine if there will be site visits. In the meantime, if you need a prescription refill or health care, please call the Health Van's main office number: (650) 736-7172

Below are a few resources to help support you and your students during this unpredictable time.

If you have any questions or concerns regarding mental health and our school-based counseling services, please reach out to us.

General Education – William Blair/william.blair@mvla.net

Special Education – Kristen Hardy/kristen.hardy@mvla.net

Crisis Support Resources

24-hour Suicide & Crisis Line: 855-278-4204

Bill Wilson Youth Hotline (24-hour suicide and crisis line): 408-850-6125

National Suicide Prevention Lifeline (24-hour): 800-273-8255 / 888-628-9454 (Español)

California Youth Hotline 800-843-5200

Crisis Text Line Text HOME to 741741

Uplift Mobile Crisis Team 408-379-9085 (English) / 408-364-4083 (Español)
(Uplift Crisis Team provides suicide assessment and safety planning)

Online Resources for Students and Families

Skill-Building and Support:

- [Greater Good's Guide to Well-Being During Coronavirus](#) - a plethora of links and articles including Resources for stress and anxiety, Resources for fostering connection, Resources for Well-being, Other Coronavirus well-being resources for parents and educators
- [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)
- MindBeat's [Mental Health Moment #1 March 23rd, 2020](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#) - From the National Association of School Psychologists (NASP)
- [Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers](#) - From the National Association of School Psychologists (NASP)
- [How to help your child feel safe about COVID-19 / Cómo hablarle a los niños y niñas sobre el COVID-19](#) - From the Hispanic Information and Telecommunications Network
- [Reducing Stress During COVID-19](#) - from the California Coalition for Youth website

Mental Health Support:

- [Community Health Awareness Council](#) (CHAC) - Providing counseling services for individuals, youth, & families
- [Parents' Place](#) - Welcome to Parents' Place, where parents find answers and children blossom.
- [Children's Health Council](#) (CHC) We are still here for you and our services remain available. Please continue to call us if you need to arrange appointments. Most mental health services will be addressed via telehealth.
- [Psychology Today](#) - Help in locating therapists in private practice by location, insurance, online/phone, etc.
- [CA Youth Crisis Line](#) - Youth can always call or text the California Youth Crisis Line, 24 hours a day, 7 days a week at: 800-843-5200

Courtesy of the National Center for School Mental Health

- The CDC's [Mental Health and Coping During COVID-19](#)
- The Child Mind Institute's [Talking to Kids About the Coronavirus](#). Students may experience hunger, abuse, or lack of healthcare in their homes and with their families. Know local resources and be prepared to help.
- Anxiety and Depression Association of America Psychologist Jelena Kecmanovic's [7 Science-Based Strategies to Cope With Coronavirus Anxiety](#)
- The Jed Foundation's [Tips for Self-Care and Managing Stress](#)
- National Association of School Psychologists' [Talking to Children About COVID-19: A Parent Resource](#)
- The Center for the Study of Traumatic Stress: [Coronavirus and Emerging Infectious Disease Outbreaks Response](#)
- Ten Things You can Do to Protect Your Mental Health from the Corona Virus Mass Hysteria <https://thriveglobal.com/stories/10-things-you-can-do-to-protect-your-mental-health-from-the-corona-virus-mass-hysteria/>