

YOUTH RESOURCE CARD

Fremont Union High School District

Student Support

24-hour Suicide and Crisis Line (Santa Clara County)1-855-278-4204

Bill Wilson Youth Hotline (24-hour Suicide & Crisis Line) ..408-850-6125

National Suicide Prevention Lifeline (24-hour)....1-800-273-TALK (8255)

Rape Crisis Hot Line (24-hour)650-493-7273

Trevor Lifeline LGBTQ+ Crisis Support.....1-866-488-7386

Crisis Text Line Text “LISTEN” to.....741741

Parent/Guardian Support

Uplift (EMQ) Crisis Team (Santa Clara County) provides free in-home suicide assessment and safety planning 1-408-379-9085 or 1-877-412-7474

At school, contact a school-based therapist, school psychologist or guidance counselor.

SERVICIOS DE CRISIS

Fremont Union High School District

Condado de Santa Clara.....	855-278-4204
Bill Wilson 24/7 línea para jóvenes	888-247-7717 / 408-850-6125
San Jose	408-279-3312
Norte del Condado	650-494-8420
Sur del Condado	408-683-2482
Programa Nacional para la prevención del suicidio http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx	
.....	1-888-628-9454 24hs/7 días
Asalto sexual y violencia domestica - Community Solutions	1-877-363-7238
Crisis Mobile de Uplift (EMQ).....	408-379-9085

En la escuela, comuníquese con un defensor estudiantil, psicólogo escolar o consejero escolar.

青少年資源卡

菲利蒙聯合高中學區

學生支援

- 24-小時自殺和危機線 (聖克拉拉縣)1-855-278-4204
- Bill Wilson 青少年熱線 (24-小時自殺和危機線) 408-850-6125
- 全國預防自殺生命線 (24-小時)1-800-273-TALK (8255)
- 強暴危機熱線 (24-小時)650-493-7273
- Trevor 生命線 LGBTQQ+ 危機支援1-866-488-7386
- 輸入” LISTEN” 至危機簡訊741741

家長/監護人支援

Uplift (EMQ) 危機團隊 (聖克拉拉縣) 提供免費到府的自殺評估和安全計劃 1-408-379-9085 或 1-877-412-7474

在學校，請聯絡學生倡導員，學校心理學家或學術輔導員。