

Mental Health and Wellness Supports for Families

The Antelope Valley Union High School District recognizes the importance of and values the partnership we have with our parents/guardians. We are dedicated to serving as a bridge by connecting our families with community resources needed to support their mental health and physical needs.

Below are many resources available. If you have any questions, please contact the counseling office at your school site.

Resource Links

[SEL Parent Supports](#)

[Mental Health FIRST AID](#)

[Virtual Calming Site](#)

[Suicide Crisis Supports](#)

[Community Agencies](#)

[Homeless/ Foster Youth Supports](#)

[2-1-1 Get Connected. Get Help](#)

[988 Suicide & Crisis Lifeline](#)

