

# Parent Resources

Mt. Diablo unified open Conversations about Mental Health

# Parent Self Care Resources

- CSU East Bay Community Counseling Clinic Parent Support Groups (510) 885-3504

- English Prevention Education Parent/Guardian Group (Tobacco Use Prevention Ed)

Tuesdays 10am - 11am

Registration: christina@chd-prevention.org

- Spanish Prevention Education Parent/Guardian Group (Tobacco Use Prevention Ed)

Thursdays - 9am - 10am

Registration: melody@chd-prevention.org

- NAMI Weekly Drop In Mental Health Crash Course for Parents  
Contact: mhcrashcourse.org  
Zoom: Meeting ID: 964 0515 7044; Every Wednesday at 6:00 PM

## Self Care Apps

1. Headspace
2. Shine
3. Calm
4. Pacifica
5. Relax Melodies Sleep Sounds
6. Breathing Zone
7. Happify

# Parent Self Care Resources

**MDUSD Adult Education-Parent Education**

[www.mt Diabloadulted.org](http://www.mt Diabloadulted.org)

**Certificates in Parenting and Anger Management;  
Loving Solutions, Parent & Teen Drug, Alcohol &  
Vaping; Parent & Teen Anger Management**

[mdusd.org/parentportal](http://mdusd.org/parentportal)

**Resources for parents include parent classes, and  
counseling resources**

**Family Resources with Contra Costa Health  
Services**

[cchealth.org/wic/family.php](http://cchealth.org/wic/family.php)

**CocoKids Parent Services**

**(866)-262-6543**

[cocokids.org/parents/](http://cocokids.org/parents/)

**Virtual Mindfulness Sessions for Parents**

**Mindful Life Project**

**5:00-5:30 PM, Weekly on Tuesdays**

**English Host: David Flores**

**Zoom ID: 882 7163 3398 Password: 56913**

**Spanish Host: JG Larochette**

**Zoom ID: 622 277 4517 Password: mindful**

**211 Database Contra Costa Crisis Center**

**Parent Guides-English/Spanish**

[crisis-center.org](http://crisis-center.org)

# Parent Self Care Resources

Child Mind Institute: For Families in English & Spanish  
[www.childmind.org](http://www.childmind.org)

Acupressure Points  
[www.wellandgood.com](http://www.wellandgood.com)  
[www.balancecharleston.com](http://www.balancecharleston.com)

Energy work: [www.cyclesofawakening.com](http://www.cyclesofawakening.com)

Patty Penn: [pauseinjoy.com](http://pauseinjoy.com)

## Mental Health Resources & Crisis Services/Hotlines

**Mt. Diablo Unified Counseling website** <http://bit.ly/mdusdcounseling>

**MDUSD Counseling Videos for Students & Parents** (under parent portal at mdusd.org)

**Self Care Kit:** <http://bit.ly/studentcarekit>

**Regional Suicide Prevention & Crisis Services** 800-273-8255

**California Youth Crisis Line** 800-843-5200

**Community Solutions (Teen Crisis and Parental Support)** 24 hrs 408-683-4118

**National Mental Health America** 800-273-TALK or 888-628-9454 (*Espanol*)

**Reach out Online Forum** (trained peers, monitored by professionals ) [us.reachout.com](http://us.reachout.com)

**Reach out Boys National Hotline** 800-448-3000

**Trevor Project Lifeline** (LGBTQ crisis intervention) 866-488-7386

**Disaster Health Helpline Call:** (talk about distress or other behavioral health concerns related to any natural or human-caused disaster including public health emergencies) 1-800-985-5990 Text "*TalkWithUs*" to 66746

**Crisis Text Line:** (24/7 text-based support with crisis counselors) Text "*MHA*" to 741741

**Teen Line:** (peer support and education) Text "*TEEN*" to 839863

**Trevor Project Textline:** (24/7 toll free confidential suicide hotline for LGBTQ youth) Text "*START*" to 678678



**8am-8pm Lunes-Domingo**

¡ LLAME, ENVÍE UN MENSAJE DE TEXTO O  
CHATEE EN VIVO AHORA, O PARA  
REGISTRARSE EN GRUPOS VIRTUALES DE  
APOYO EMOCIONAL PARA PADRES!

[caparentyouthhelpline.org](http://caparentyouthhelpline.org)  
[info@caparentyouthhelpline.org](mailto:info@caparentyouthhelpline.org)

**Pedir Ayuda Es Un Signo De Fortaleza®**



**8am-8pm Monday-Sunday**

CALL, TEXT, CHAT AND JOIN AN  
ONLINE PARENTING GROUP FOR  
EMOTIONAL SUPPORT NOW!

[caparentyouthhelpline.org](http://caparentyouthhelpline.org)  
[info@caparentyouthhelpline.org](mailto:info@caparentyouthhelpline.org)

**Asking for Help is a Sign of Strength®**