



Selma Unified Mental Health Clinicians

Resources for Students, Parents, and Teachers

Hotlines

- **Call 911 if you or the person you are helping is in immediate danger.**
- If you are feeling overwhelmed with sadness, depression, or anxiety, or feel like you want to harm yourself or others, you can call the 24-hour Suicide Prevention Lifeline: at **988** or
- **800-273-8255** or text **838255**
- 24-hour Domestic Violence Hotline: **800-799-7233** or click [Chat Now](#)
- [Disaster Distress Helpline](#): Call **800-985-5990** (TTY **800-846-8517**) or text **TalkWithUs** to **66746** for 24/7 support.
- [Crisis Text Line](#): Text **HOME** to **741741** for 24/7 crisis support.
- [California Suicide & Crisis Hotlines](#): Find phone numbers and links to all the suicide and crisis hotlines by county in California.
- [CalHOPE Peer-Run Warm Line](#): Call **833-317-HOPE** (4673) Monday – Friday from 7am – 11pm for COVID-19 specific non-emergency support.
- [California Warm Peer Line](#): Call **855-845-7415** for 24/7 for non-emergency support to talk to a peer counselor with lived experience.
- [The Trevor Project](#) is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.
- [Trans Lifeline](#) operates the first hotline in North America that guarantees callers can speak with another member of the transgender community, and those trained professionals are there to listen in times of crisis or if someone just needs to talk
- <https://suicidepreventionlifeline.org/>

Grief and Loss

- [The Dougy Center](#): The National Center for Grieving Children & Families
- [Responding to Change and Loss](#): a Toolkit from the National Alliance for Grieving Children
- [Caregiver Training](#): How Adults Can Support Children During Difficult Times

Trauma

- A traumatic event is a frightening, dangerous, or violent event that poses a threat to a child's life or bodily integrity. Witnessing a traumatic event that threatens life or physical security of a loved one can also be traumatic. This is particularly important for young children as their sense of safety depends on the perceived safety of their attachment figures.
- [What is Child Trauma?](#): from The National Child Traumatic Stress Network
- [Trauma-Centered Remote Learning](#): Keeping Connections Strong
- [Helping Children With Traumatic Separation or Traumatic Grief Related To Covid-19](#)

LGBTQ+ Resources

- [The Trevor Project](#) is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.
- [Trans Lifeline](#) operates the first hotline in North America that guarantees callers can speak with another member of the transgender community, and those trained professionals are there to listen in times of crisis or if someone just needs to talk
- <https://fresnoeoc.org/lgbtq/>
- <https://www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics>

Other Resources

- [Fresno County Department of Behavioral Health](#)
- <https://fresnocares.org/>
- <https://teenmentalhealth.org/>
- <https://www.heardalliance.org/youth-anxiety/>

We care. Please reach out.