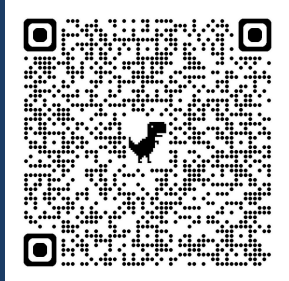


# MPCSD GOTO RESOURCES



[Mental Health Resources](#) for Youth, Families, Schools, and Teachers

[Youth Mental Health Project](#)

[Child Mind Institute](#)

[Sequoia Health Care District](#) - Parent Green Folder (Parent Action Plan - Signs of Distress - Community Resources) in [English](#) and [Spanish](#).



[Kara](#) - Grief support for children, teens, and adults. 650-321-5272

## YOUTH SUICIDE HELP

[Youth Suicide Warnings](#)

[National Suicide Prevention Hotline](#)



## AFTER SCHOOL HELP

[Boys and Girls Club of the Peninsula](#)

[EPATT](#)- (East Palo Alto Tennis and Tutoring)  
One-on-One tutoring and mentoring, parent education from a bi-lingual staff, and tennis lessons for committed students.



## RESOURCES FOR YOUTH



[Safe Space](#)

[Resources to Help you Quit Smoking or Vaping](#)

[The Trevor Project](#) -24 Hr. Crisis Intervention & Suicide prevention lifeline for LGBTQ+ young people.

[The LGBTQ+ Youth Space](#)

[Hillview Middle School](#)  
[Oak Knoll School](#)  
[Encinal School](#)  
[Laurel School](#)  
[Early Learning Center](#)

[mpcsd.org](http://mpcsd.org)