LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

Los Angeles County
Office of Education

September 21, 2010

Dear Superintendents:

RESOURCES AND SUPPORTS

"None of us are well until all of us are well," is a mantra the Department of Mental Health (DMH) lifts up because we believe deeply in community and the wellbeing of our collective; at the end of the day we must provide for, and look after, each other. In finishing up September, Recovery and Suicide Prevention Month, we recognize that our students, teachers, and administrators have returned to school with new challenges. We are therefore writing to make sure you are aware of the many **resources and supports** DMH and the Los Angeles County Office of Education (LACOE) have available to you.

To help support the self-care journeys faced by each of us, DMH is providing free access to **Headspace**, a set of online and mobile app meditation and mindfulness resources proven to reduce stress, until the end of 2020. Please share this link (https://www.headspace.com/lacounty) broadly across your district.

Given the unique challenges of a virtual environment, DMH has also launched a training series specifically for educators, to help them watch out for and respond to the mental health and wellbeing needs of students. These trainings, along with additional tools to support educators, students and families are available through our Learning Center (learn.wellbeing4.LA.org).

For concerns relating to the risk of self-harm and/or suicide please call the **National Suicide Prevention Lifeline** at 800-273-8255, 24/7/365. When you call the Lifeline you will be connected to the local hotline, operated by DMH's contracted community provider, Didi Hirsch, who will provide a trained counselor to help guide you through crises. ***Remember, you do not have to wait until a crisis occurs before reaching out.***

In addition, the **Department of Mental Health Help Line** can be called 24/7 at (800) 854-7771 for anyone seeking emotional support, mental health services, or help navigating the roads to get help. Lastly, we urge the courageous school staff, who we recognize as core first responders, to call the **LA County Wellbeing Line**, (833) 307-0509, for access to confidential support 7 days a week from 10 am to 6 pm.

Each year schools are asked to do more with less. Attending to each other's wellbeing is more difficult and important than ever. We stand in solidarity and extend our deep gratitude for your dedication to the kids and schools of Los Angeles County. Please share these resources with all of your communities and don't hesitate to reach out to us at SchoolMH@dmh.lacounty.gov if you have any questions.

Thank you for all that you do.

Sincerely,

Jonathan E. Sherin, M.D., Ph.D.
Director of Department of Mental Health

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County Superintendent of Schools