



HEALTH/MENTAL HEALTH CLINICS

Lucile Packard Psychiatry Clinic 650-723-7704

Achieve Palo Alto 650-494-1200

Adolescent Counseling Services 650-424-0852 www.acs.teens.org

Alum Rock Counseling Center 408/294-0500

Asian Americans for Community Involvement (AACI) 408-975-2730 www.aaci.org

Bill Wilson Center 408-243-0222

Billy DeFrank Lesbian & Gay Community Center 408-293-2429

Catholic Charities of Santa Clara County 1408-468-0100

Children's Health Council 650-326-5530

Chinese Community Center of the Peninsula 650-324-6576

Community Solutions Hot Line 408-683-4118

Eastfield Ming Quong (EMQ) Suicide Assessment www.emqff.org, 408-379-9085, 408- 877-412-7474
OR 877-41CRISIS

Family and Children Services 650-326-6576 www.fcservices.org

Palo Alto Medical Foundation <http://www.pamf.org>, intake number: 408-524-4192

Ravenswood Health Clinic 1-800-704-0900

San Mateo County Mental Health Access Referral Team 800-686-0101

HOTLINES

Santa Clara County Suicide and Crisis Toll Free 24/7 Hotline: (English and Spanish) 855-278-4204

California Youth Crisis Line 1-800-843-5200

Community Solutions (Teen Crisis & Parental Stress) 24 hr 408-683-4118

Eastfield Ming Quong (EMQ) suicide assessment 408-379-9085, 408- 877-412-7474 OR 877-41CRISIS

National Mental Health America 1-800-273-TALK, 888-628-9454 (Spanish)

Reach Out (online forum by trained peers, monitored by professionals) us.reachout.com

Reach Out Boys Town National Hotline 1-800-448-3000

San Mateo County Suicide Prevention Hotline 650-579-0350

Santa Clara County Mental Health Service – 24-hour hotline 1-408-279-8228

Santa Clara County Suicide and Crisis Hotline: (English and Spanish) 855-278-4204

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

Youth Crisis Line 1-800-843-5200

Youth Support Line 1-888-977-3399

MENTAL HEALTH RESOURCES

American Academy of Child and Adolescent Psychiatry www.aacap.org

American Foundation for Suicide Prevention www.afsp.org

American Psychological Association www.apahelpcenter.org

Anxiety and Depression Association of America www.adaa.org

Building Bridges Initiative www.buildingbridges4youth.org

Center for School Mental Health csmh.umaryland.edu

Child and Adolescent Bipolar Foundation: Balanced Mind Foundation www.thebalancedmind.org

Depression and Bipolar Support Alliance www.dbsalliance.org

Depression Resource Center www.aacap.org/cs/Depression.ResourceCenter

Depression Toolkit University of Michigan Depression Center <http://www.depressiontoolkit.org>



Eastfield Ming Quong (EMQ) Suicide Assessment www.emqff.org, 408-379-9085, 408- 877-412-7474
OR 877-41CRISIS

Harvard Means Matter <http://www.hsph.harvard.edu/means-matter/>

HEARD Alliance <http://www.heardalliance.org>

Help Guide: Mental & Emotional Health Management Resources <http://www.helpguide.org>

Kara Grief 650-321-5272 <http://www.kara-grief.org>

Kids Health http://www.kidshealth.org/teen/your_mind

Mayo Clinic Resilience www.mayoclinic.com/health/resilience

MY3 Cell Phone App Support network and plan app <http://www.my3app.org>

National Alliance on Mental Illness Santa Clara <http://www.nami.santaclara.org> 408-453-0400

National Mental Health Association (NMHA) <http://www.nmha.org> 1-800-273-TALK

Practice Wise: What Works in Children's Mental Health <http://www.practicewise.com>

Project Safety Net <http://www.psnpaloalto.com> 650-463-4928

Reach Out (on-line forum) 900-448-3000 us.reachout.com

San Mateo County Mental Health Access Referral Team: Behavioral & Recovery Services 1-800-686-0101

San Mateo Psychiatric Emergency Services 650-573-2662

Santa Clara County Mental Health Urgent Care 871 Enborg Lane #100 San Jose CA 95128 408-885-7855

Santa Clara County Emergency Psychiatric Services 871 Enborg Lane #100 San Jose CA 95128 408-885-6100

Santa Clara County 5150 Detention information <http://www.sccgov.org/sites/mhd/staff>

Substance Abuse and Mental Health Services Administration www.samhsa.gov/children

Suicide Prevention Lifeline www.suicidepreventionlifeline.org

Suicide Prevention Resource Center www.sprc.org

YWCA Rape Crisis Center 375 South Third St. San Jose, CA 95112 Referral Service: 408-295-4011 x262

BOOK RESOURCES FOR PARENTS: MENTAL HEALTH AND RESILIENCE

Apter, Terri. *The Confident Child: Raising Children to Believe in Themselves*. 1997.

Beardsley, William. *Out of the Darkened Room: When a Parent is Depressed: Protecting the Children and Strengthening the Family*. 2002.

Bourne, Edward. *The Anxiety and Phobia Workbook*. 2005

Lezine, DeQuincy and Brent, David. *Eight Stories Up: An Adolescent Chooses Hope Over Suicide*. 2008.

Manassis, Katharina & Levac, Anne Marie. *Helping Your Teenager Beat Depression: A Problem Solving Approach for Families*. 2004.

Phelan, Thomas. *Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds*. 1998.

Rapee, Ronald et al. *Helping Your Anxious Child: A Step by Step Guide*. 2000.

Riera, Michael. *Uncommon Sense for Parents with Teenagers*. 2004.

Sachs, Brad. *The Good Enough Child: How to Have an Imperfect Family and be Totally Satisfied*. 2001.

BOOK RESOURCES FOR TEENS: MENTAL HEALTH AND RESILIENCE

Covey, Sean. *The 7 Habits of Highly Effective Teens*. 1998.

Espeland, Pamela. *Life Lists for Teens: Tips, Steps, Hints, and How-Tos for Growing Up, Getting Along, Learning and Having Fun*. 2003.

Fox, Annie. *Too Stressed to Think? A Teen Guide to Staying Sane When Life Makes You Crazy*. 2005.

Hipp, Earl. *Fighting Invisible Tigers: A Stress Management Guide for Teens*. 2008

Seaward, Brian. *Hot Stones and Funny Bones: Teens Helping Teens Cope with Stress and Anger*. 2002.