



Mental Health Resources

(Translated from Spanish)

Student Wellness and School Culture Unit

Mental Health
Crisis and
Support Lines

Crisis Text Line: Text HELP the 741741 to communicate free of charge with a Crisis Counselor

English: <https://www.crisistextline.org/>

Spanish: <https://www.crisistextline.org/es/>

This line of text serves anyone regardless of their type of crisis, and provides free support 24 hours a day, 7 days a week through text messages.

SAMHSA's National Helpline (La Línea de Ayuda Nacional de la SAMHSA): 1-800-662-4357

English: <https://www.samhsa.gov/find-help/national-helpline>

Spanish: <https://www.samhsa.gov/linea-nacional-ayuda>

It is a free and confidential information and referral service, 24 hours a day, 7 days a week, 365 days a year (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Disaster Distress Helpline (La Línea de Ayuda para Desastres de SAMHSA): 1-800-985-5990

The Disaster Distress Helpline provides counseling and crisis support 24 hours a day, 365 days a year, multilingual services, to people who experience emotional distress related to natural or man-made disasters.

Language Assistance Services: 1-877-696-6775

English: <https://www.samhsa.gov/language-assistance-services#english>

Spanish: <https://www.samhsa.gov/language-assistance-services#spanish>

If you speak Spanish, there are free language support services.

Suicide Prevention Lifeline: 1-800-628-9494 (Spanish)/ 1-800-273-TALK (8255)

They offer free services in Spanish 24 hours a day, without needing to speak English if you need help.

[Visit the San Diego County Office of Education Virtual Wellness Center](#)

Mental Health
Web Sites

FindYourWords (Encuentra Qué Decir)

English: <https://findyourwords.org/>

Spanish: <https://encuentraquedecir.org/>

It is designed by Kaiser Permanente to make it easier to express yourself about mental health and to encourage more people to ask for help, take steps to help themselves, and support others.

MedlinePlus

English: <https://medlineplus.gov/childmentalhealth.html>

Spanish: <https://medlineplus.gov/spanish/childmentalhealth.html>

This Spanish-language website is an online information service for patients, family and friends. Find reliable and up-to-date information on diseases, conditions, and wellness issues. This source of quality information is available anywhere, anytime, anywhere.

MentalHealth.gov

English: <https://www.mentalhealth.gov/talk/parents-caregivers>

Spanish: <https://espanol.mentalhealth.gov/hablar/padres-cuidadores>

This Spanish-language website provides access to U.S. government information about mental health and mental health problems. The goal of MentalHealth.gov is to educate and provide guidance.

Mental Health
Handouts

5 Things You Should Know About Stress

English: <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>

Spanish: <https://www.nimh.nih.gov/health/publications/espanol/5-cosas-que-usted-debe-saber-sobre-el-estres>

Helping Children and Adolescents Cope with Disasters and Other Traumatic Events: What Parents, Rescue Workers, and the Community Can Do

English: <https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events>

Spanish: <https://www.nimh.nih.gov/health/publications/espanol/como-ayudar-los-ninos>

The Teen Brain: 7 Things to Know

English: <https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know>

Spanish: <https://www.nimh.nih.gov/health/publications/espanol/el-cerebro-de-los-adolescentes-7-cosas>

I'm So Stressed Out! Infographic

English: <https://www.nimh.nih.gov/health/publications/so-stressed-out-infographic>

Spanish: <https://www.nimh.nih.gov/health/publications/espanol/estoy-tan-estresado-infografia>

[Visit the San Diego County Office of Education Virtual Wellness Center](#)

The Opioid Crisis and the Hispanic/Latino Population: An Urgent Issue

English: <https://store.samhsa.gov/product/The-Opioid-Crisis-and-the-Hispanic-Latino-Population-An-Urgent-Issue/PEP20-05-02-002>

Spanish: <https://store.samhsa.gov/product/the-opioid-crisis-and-the-hispanic-latino-population-an-urgent-issue-spanish-version/PEP20-05-02-003>

Children and Mental Health: Is This Just a Stage?

English: <https://www.nimh.nih.gov/health/publications/children-and-mental-health>

Spanish: <https://www.nimh.nih.gov/health/publications/espanol/los-ninos-y-la-salud-mental>

Do I need help for my mental health?

English: <https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help>

Spanish: <https://www.nimh.nih.gov/health/publications/espanol/necesito-ayuda-para-mi-salud-mental>