

Do You Or Someone You Know Need Help?

You are not alone. Call, text or scan the resources below.

Save a Life

Is a student sick or has lost consciousness? Get help immediately from school staff. Rescue efforts are available throughout the school including Narcan, which can reverse the effects of a drug overdose.

MENTAL HEALTH SUPPORT

Suicide Prevention Hotline - call 9-8-8

Crisis Text Line - text HOME to 741741

The Source/emotional and social support for youth and caregivers - call or text 916-SUPPORT (787-7678)

Cal HOPE/emotional support - call (833) 317-4673



Care Solace

call (888) 515-0595

or visit <https://www.caresolace.com/saccityusd>

LGBTQ+ SUPPORT

Trevor Project/support for youth identifying as LGBTQ+ - text "START" to 678678 or call (866) 488-7386

Trans Lifeline's Hotline/a peer support line run by trans people for our trans and questioning peers - call (800) 877-565-8860; guaranteed to be available from 2 pm -10 pm PST, but open with limited staffing 24/7

ABUSE SUPPORT

National Sexual Assault Hotline - call 1 (800) 656-4673 (HOPE)

National Human Trafficking Hotline - call 1 (888) 373-7888 or text *233733

WEAVE/relationship/Domestic Violence, Sexual Assault and Sex Trafficking - 24 Hour Support & Information Line - call (916) 920-2952

SUBSTANCE USE SUPPORT

SAMHSA's National Helpline - call 1 (800) 662-4357 for a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders

YOUTH SHELTER

Wind Youth Center/24-Hour Adolescent Shelter Line - call (916) 628-1492 for youth ages 12-17 (18 and in high school ok) If you are in need of help with food, clothing, shelter, job placement, or just need someone to talk to, please stop on by our center at 815 S Street, Sacramento (Monday-Sunday 8:30 am to 4:00 pm)



FOOD ACCESS

Sacramento Food Bank & Family Services - call (916) 456-1980, or visit <https://www.sacramentofoodbank.org/> or scan QR.



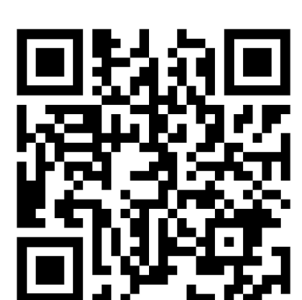
LOCAL RESOURCES & SERVICES

211 Sacramento: Call 2-1-1, email info@211sacramento.org or visit <https://www.211sacramento.org/211/> or scan QR.



ANONYMOUS REPORTING LINE

We Tip Line - If you have any information regarding crime or misconduct, call WeTip anonymously. **There are 3 ways to anonymously report: 1. Call** (844) 916.4544, **2. Text** Report to (844) 916.4544, or **3. Visit:** <https://www.scusd.edu/wetip> or scan QR.



Scan the QR code or visit www.scusd.edu/student-support for more information



Scan this QR code to read our online translations.
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Quét mã QR này để đọc các bản dịch trực tuyến của chúng tôi.
請掃描這二維碼以閱讀我們的在線翻譯。