Tuesday May 3, 2022

**Mental Health Resources for Youth**

It’s Children's Mental Health Awareness Week (May 1-7, 2022).

This week we highlight some of California's mental health resources for youth.

CalHope offers safe, secure, and culturally sensitive emotional support for all Californians who have experienced emotional challenges triggered by the COVID-19 pandemic. Call or chat 833-317-4673.

The Suicide Prevention Lifeline operates 24/7 and helps those thinking about suicide, those in need of emotional support, and those worried about a friend or loved one. Call 800-273-8255 or text 838255.

Visit the website of California Health and Human Services to access many resources.

[https://www.chhs.ca.gov/childrens-mental-health-resources/#msdyntrid=ULMkm9B_wm1CpTleIT88-IQEN6TP46jIN46cyoaPNI0](https://www.chhs.ca.gov/childrens-mental-health-resources/#msdyntrid=ULMkm9B_wm1CpTleIT88-IQEN6TP46jIN46cyoaPNI0)

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