



CRISIS RESOURCES

You are not alone

Paradise Unified
School District
➔
Counseling Services
& Resources



WE EDUCATE & SUPPORT
PUSD ensures all students and families receive the support and information they need. PUSD staff responds to all requests in providing assistance to those navigating Mental Health



- 24/7 Emergency Hotlines & Crisis Intervention**
- Crisis Text Line—Text HOME to 741741
 - National Suicide Prevention Lifeline—Dial 988
Or CHAT by visiting this link:
<https://suicidepreventionlifeline.org/chat/>
 - Butte Co Crisis Line—530-891-2810
 - Butte 211 HELP CENTRAL—Dial 211

Non-Emergency Resources
All School Site Counseling Offices
All School Site Principal's Offices
Any Staff Member

Activating The CARE Team

North Valley
COMMUNITY
FOUNDATION

530.783.CARE

Hi, my name is Sarah. I'm calling because I'm worried a young person I know may be considering suicide. Here is my contact number.

Leave a voice or text message on the CARE Team activation line if there is a young person in your life struggling with suicidal thoughts.

THRIVE
BYOT.ORG

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

The Lifeline is **FREE**, confidential, and always available.

HELP a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

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Learn the Warning Signs.