

Support Lifelines

National Suicide Prevention Lifeline

1.800.273.8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention & crisis resources for you or your loved ones, & best practices .

CA Youth Crisis Line

Text/talk/chat 1.800.843.5200

The California Youth Crisis Line operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis.

Trevor Project (LGBTQ)

1-866-488-7386

Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline.

Mental Health America

Text MHA to 741741

Trained crisis counselors are available 24/7 for free.

ACCESS

1-888-854-7771

Mental Health Emergency and Non emergency help line (24 hours).

Bright Star Schools Mission

Our mission is to provide holistic, inclusive support for all students to achieve academic excellence and grow their unique talents so that they find joy and fulfillment in higher education, career, and life.

This informational brochure is prepared in accordance with AB-2022: Pupil mental health services: school notification.

Bright Star Schools

Tel: 323.954.9957

Fax: 323.978.2623

www.brightstarschools.org



**BRIGHTSTAR
S C H O O L S**

A Family Guide to Mental Health Services & Resources



Why Mental Health Matters in Schools

Mental wellbeing is important for student academic success. Research shows that 20% of youth suffer from a mental illness and about half of all mental illnesses begin to exhibit symptoms by age 14.

At Bright Star Schools every student and family has an advocate through our Connections Program. Our Counselors connect students to family and student services offered at Bright Star and as needed within the larger community.

If you feel that your student or someone in your family might need extra support, please reach out to your students' counselor to inquire about the provider's that serve your campus and community.

Community Partners



Didi Hirsch Mental Health Services transforms lives by providing quality mental health care and substance use treatment in communities where stigma or poverty limit access. **888.807.7250**

<http://www.didihirsch.org/>



Phoenix House is a nonprofit drug & alcohol rehabilitation organization. Programs serve individuals, families & communities affected by substance abuse & dependency. **888.671.9392**

<https://www.phoenixhouse.org/>

SCCC believes that mental health care is a right, not a privilege. Anyone who needs counseling should have it. It is a belief we have lived for more than 50 years by providing affordable, sliding-scale counseling to people in need for as long as they need care. **323.937.1344**

<https://sccc-la.org/>



Exceptional Children's Foundation offers services for young children, students & adults with special needs and developmental, learning & emotional disabilities. **310.204.3300**

<https://www.ecf.net/>



KOREATOWN YOUTH+ COMMUNITY CENTER

The Koreatown Youth and Community Center is a multi service organization supporting children and their families in the areas of education, health, housing, and finances. **213.365.7400**

<https://www.kycccla.org/>

Antioch University partners with Bright Star Schools to provide counseling and mental health services to students on our campuses.



<https://www.antioch.edu/>

1 in 5 children age 13-18 have or will have a mental illness