

## **Support Resources**

A listing of organizations that provide support to youth and their families who have been subjected to school-based discrimination, harassment, intimidation, and bullying:

### **Counseling Services and Youth Programs**

White House Counseling Center—(916) 971-7640

Offers low-cost counseling services to San Juan Unified students and families to help them deal more effectively with stressors that occur at school, home, and work, that affect or might affect school performance.

6147 Sutter Avenue

Carmichael, CA 95808

[www.sanjuan.edu/PAGE/6926](http://www.sanjuan.edu/PAGE/6926)

Children’s Mental Health Access Team—(916) 875-9980

Conducts over the phone screening, assessment, and referral to county-operated or contracted mental health service providers.

La Familia Counseling Center—(916) 452-3601

A variety of programs and services for youth and their families are available such as parenting classes and youth programs that help develop leadership and life skills.

5523 34th St.

Sacramento, CA 95820

[www.lafcc.org](http://www.lafcc.org)

Muslim American Society-Social Services Foundation—(916) 486-8626

Has trained volunteers from various educational and ethnic backgrounds to offer peer counseling in English, Arabic, Urdu, Hindi, Fijian, French, Spanish, Somali, Sinhales, Tamel, Farsi, Pashto, and Sign Languages.

3820 Auburn Blvd Suite 83

Sacramento CA 95821

[www.mas-ssf-sac.org](http://www.mas-ssf-sac.org)

Omni Youth Programs—(916) 362-2000

The mission is to create strong families, develop youth leaders, and engage the community to cultivate a lifestyle free of alcohol, drugs, violence and bullying.

9616 Micron Avenue #750

Sacramento, CA 95827

[www.omniyouth.net](http://www.omniyouth.net)

Arab American Learning Center—(916)484-0175

Offers services including legal assistance, tutoring, and job fairs.

1433 Fulton Ave # H

Sacramento, CA 95825

Wind Youth Services— Drop-In Center: (916) 561-4900

Serves Sacramento’s homeless and at-risk youth ages 12-24 with basic safety net and survival services.

1722 J Street, 3rd Floor

Sacramento, CA 95811

[www.windyouth.org](http://www.windyouth.org)

# **Support Resources**

## **Hotlines**

Local Suicide Prevention Crisis Line—24 Hour Hotline: (916) 368-3111

Operated locally by WellSpace Health, people of all ages can call if experiencing depression, hopelessness, or feelings of loneliness or desperation.

Trevor Project Crisis Line—(866) 488-7386

Provides crisis intervention and prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth ages 13-24.

[www.thetrevorproject.org](http://www.thetrevorproject.org)

Wind Youth Services—24 Hour Hotline: (800) 339-7177

Serves Sacramento's homeless and at-risk youth ages 12-24 with basic safety net and survival services.

[www.windyouth.org](http://www.windyouth.org)

Youth Crisis Line— 24 Hour Hotline: (800) 843-5200

A statewide, toll free, 24-hour, confidential Hotline available to teens and young adults ages 12-24 and/or any adults supporting youth.

[www.youthcrisisline.org](http://www.youthcrisisline.org)

## **On-line resources**

California Department of Education—Bullying Publications and Resources

[www.cde.ca.gov/lr/ss/se/bullyres.asp](http://www.cde.ca.gov/lr/ss/se/bullyres.asp)

California Department of Education—Frequently Asked Questions  
(Bathroom Policies)

<http://www.cde.ca.gov/re/di/eo/faqs.asp>

California Legislative Information (Bathroom Policies)

[http://leginfo.legislature.ca.gov/faces/codes\\_displaySection.xhtml?lawCode=EDC&sectionNum=221.5](http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?lawCode=EDC&sectionNum=221.5)

Cyberbullying Research Center

[www.cyberbullying.us](http://www.cyberbullying.us)

Gay, Lesbian, & Straight Education Network

[www.glsen.org](http://www.glsen.org)

National Child Traumatic Stress Network

[www.nctsn.org](http://www.nctsn.org)

PACER's National Bullying Prevention Center

[www.pacer.org/bullying](http://www.pacer.org/bullying)

Sacramento Countywide Bullying Prevention Project

[www.sactobullyingprevention.org](http://www.sactobullyingprevention.org)

## **Support Resources**

Stop Bullying Now  
[www.stopbullying.gov/](http://www.stopbullying.gov/)

Teen Mental Health  
[www.teenmentalhealth.org](http://www.teenmentalhealth.org)