



Northwood High School

SUPPORTING YOUR CHILD IN A MENTAL HEALTH CRISIS

If your child is threatening suicide, or has made a suicide attempt please take your child seriously and take immediate action.

Please do NOT email the school after school hours for mental health crisis.

- **Centralized Assessment Team: (866) 830-6011**
- **Call 911**
- **Go to your nearest hospital emergency room for a Psychiatric Evaluation**

Here are some additional resources you may find helpful:

Irvine Police Department: (949) 724-7000 (non-emergency line)

OC Links (855) 625-4657

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

California Youth Crisis Line: 1-800-843-5200

Crisis Text Line: text START to 741714

Didi Hirsch Mental Health 24 hour crisis line: 1-877-727-4747

PARENT / CAREGIVER RESPONSIBILITY

- ♦ **Meeting the immediate Medical Needs of the Child**
- ♦ **Ensuring mental health support via therapy/ counseling as needed**

EDUCATE YOURSELF

- ♦ **Know the Signs and Risk Factors for Suicide**
- ♦ **Identify concerning mental health symptoms and link your child to support**

NHS SUPPORT FOR STUDENTS

- ♦ **northwoodhigh.iusd.org/counseling**
- ♦ **iusd.org/WeCare**
- ♦ **Counselors, Wellness Coordinator, School Psychologists, Project Success**
- ♦ **Referral and Resources for Mental Health Services in the Community**