



WESTERN PLACER UNIFIED SCHOOL DISTRICT

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Board of Trustees: Paul Long
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Damian Armitage

Superintendent: Scott Leaman
Director of Special Education: Tammy Forrest, PhD

MENTAL HEALTH RESOURCES

For life-threatening situations dial: 9 1 1

CRISIS SERVICES

These agencies will evaluate your situation now and ensure you are safe:

- Placer County Crisis Line: 1-888-886-5401
- Sacramento County Mental Health: 916-732-3637
- Nevada County Mental Health: 1-530-265-5811
- Suicide Prevention:
 - Spanish** 1-877-SUICIDA, 1-877-784-2432
 - From Lincoln, Roseville, and Citrus Heights: 916-773-3111
 - From other Placer County or Nevada County locations: 1-530-885-2300
- Suicide.org: 1-800-SUICIDE
- Suicide prevention, awareness, and support: 1-800-273-TALK.
- Suicide Prevention Resource Center: www.sprc.org. 1-800-273-8255
- Youth Crisis Services: 1-800-339-9597. 24 hours crisis line, counseling, assessments, **Spanish** services available
- California Youth Crisis Line: 800-843-5200. Crisis intervention counseling, etc.
- WellSpace Crisis Line: 916-368-3111, Parent Support Line: 1-888-281-3000
- National Sexual Assault Hotline: 1-800-656-HOPE
- California Missing Children Hotline 1-800-222-3463
- Child Abuse Hotline: 1-800-4-A-CHILD
- Poison Control: Provides immediate, free and expert treatment, advice and assistance over the phone in the case of exposure to poisonous, hazardous or toxic substances. www.calpoison.org/
800-876-4766 800-222-1222 (24 hours)