



# Liberty Union High School District

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Eric L. Volta, Superintendent

## Mental Health and Social/Emotional Support Resources

We want all of our Liberty Union High School District community to know their health and safety is our priority. During times of uncertainty, it is important to concentrate on the physical and emotional health of students, staff, and families. We have created this COVID-19 resource page with various resources, activities and hotlines to reach out for assistance.

In the event that this is an emergency, dial 9-1-1 for immediate help.

- Contra Costa Health Services: [Mental Health Wellness & Education on how to address “Disappointment,” reduce “Stress” and maintain a “Positive Attitude”](#)
  - 888-678-7277 [available 24/7]
- The Substance Abuse and Mental Health Services Administration (SAMHSA): [Coping with Stress During a Pandemic](#)
- [Contra Costa Crisis Center: Services and Resources for Teens](#)
  - 800-833-2900 (24/7)
- The National Child Traumatic Stress Network: [Fact Sheet on COVID-19 along with Age Appropriate Coping Strategies](#)
- The Child Mind Institute: [How to speak to kids about the Coronavirus](#)
- The National Association of School Psychologists & the National Association of School Nurses: [Talking to Children About COVID-19 \(in English & en español\)](#)
- The Trevor Project: [LGBTBQ Youth Support During COVID-19](#)
- The Centers for Disease Control and Prevention (CDC): [Stress and Coping](#) [multiple languages]
- National Alliance on Mental Health (NAMI): [COVID-19 Resource and Information Guide](#)