



PROJECT AWARE

Advancing Wellness & Resiliency in Education

MENTAL HEALTH SUPPORT

Sundale Union Elementary School District

2-1-1

Get Connected. Get Help.™



211 Tulare County

Connects our community with resources, support services, and opportunities.



988 Talk to Someone Now: Lifeline

SAMHSA Suicide and Crisis Line

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.



Sundale Union Elementary School District

Scan QR code for
Mental Health
resources

Contact Sundale
School District at:
(559) 688-7451



Hope Horizon Mental Health Services

Scan QR code
for online referral
Ph: (559) 688-2043



Tulare County Health & Human Services Agency

TCHHSA provides mental health services for residents including suicide prevention and substance abuse treatment, prevention, and recovery.



SAMHSA's National Helpline

This Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

1-800-662-HELP (4357)

Text your zip code to: 435748 (HELP4U)



CaHOPE Connect

**CaHOPE Warm Line:
(833) 317-HOPE (4673)**