



## Cabrillo Point Academy

4612 Dehesa Road, El Cajon, CA 92019  
Ph (619) 404-3190 | Fax (619) 749-1792

### AB 2022, Pupil Mental Health Services: School Notification

In accordance with AB 2022, Cabrillo Point Academy wants to ensure that parents, guardians, and students are informed about resources available for anyone who believes they are in a mental health crisis. We encourage parents/guardians and students to talk with any adult in the school if they are concerned about another student and possible mental health needs. Take all threats of suicide seriously.

#### National and State Resources:

- Know the Signs/National Suicide Prevention Lifeline: 1-800-273-8255 | Press 1 chat online, or send a text message to 838255
- NAMI National hotline: 1-800-950-NAMI (6264)
- Trevor Project (LGBTQ) 1-866-488-7386
- Youth Crisis Line (Text/talk/chat): 1-800-843-5200
- Mental Health America (MHA) Crisis Text Line: Text “START” to 741-741
- Suicide Prevention Crisis Line (877) 727-4747
- National Hopeline Network (800) SUICIDE or (800) 784-2433
- California Youth Crisis Hotline-text or call 1-800-843-5200

#### Web Resources:

- [American Academy of Child & Adolescent Psychiatry](#)
- [Association for Children’s Mental Health](#)
- [California Department of Education Mental Health Resources](#)
- [Chat Online- National Suicide Prevention Lifeline](#)
- [National Child Traumatic Stress Network](#)

#### Imperial County Resources:

##### [County-operated Mental Health Providers](#)

Phone: (442) 265-1525

TDD: (442) 265-1543

##### [Imperial County Emergency Services](#)

Mental Health Crisis Number: (800) 817-5292

#### Orange County Resources:

##### [OC Links](#)

Phone: 855 OC-LINKS (855-625-4657)

Website: [www.ochealthinfo.com/oclinks](http://www.ochealthinfo.com/oclinks)



## **Cabrillo Point Academy**

4612 Dehesa Road, El Cajon, CA 92019  
Ph (619) 404-3190 | Fax (619) 749-1792

### Crisis Assessment Team (Health Care Agency)

Phone: 866-830-6011

Children's CAT Website: [http://ohealthinfo.com/bhs/about/cys/crisis\\_services](http://ohealthinfo.com/bhs/about/cys/crisis_services)

### NAMI WarmLine (Orange County)

Phone: 877-910-WARM (877) 910-9276

Website: [www.namioc.org/](http://www.namioc.org/)

### **Riverside County Resources:**

[Children's Mental Health Clinics](#)

[County Mental Health Triage Services](#)

Mental Health Urgent Care Centers (MHUC) – 24/7

MHUC Riverside: (951) 509-2499

MHUC Perris: (951) 349-4195

MHUC Palm Springs: (442) 268-7000

Regional Emergency Assessment at Community Hospitals (REACH)

Phone: (951) 715-5040

### **San Diego County Resources:**

San Diego Access and Crisis Line 1-888-724-7240

[San Diego County United Behavioral Health Access & Crisis Line](#)

### **Online Presentations**

[Supporting Our Children's Mental Health](#)

[Educationally Related Mental Health Services](#)