



Tony Thurmond  
State Superintendent  
of Public Instruction

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# Supporting Students and Families in the Aftermath of a School Tragedy

The mass shooting at Robb Elementary School in Uvalde, Texas, has had a profound effect on the nation and a devastating impact on school communities everywhere. We must acknowledge the pain, grief, and other emotions that many of us are experiencing in order to effectively support California students, families, and school staff. Included here are resources and organizations to support children and families affected by tragic violence.

## Immediate Mental Health and Crisis Supports

- **Youth Crisis Line:** a 24/7 statewide emergency response system for youth (ages twelve to twenty-four) and families in crisis. **Call or text 800-843-5200.**
- **CalHOPE Warmline:** Teens and adults can call this line to be connected to other people who have persevered through struggles with stress, anxiety, depression, or any other emotions triggered by traumatic events. **Call 833-317-HOPE (4673).**
- **Comprehensive Mental Health Resources for Youth** from California Health and Human Services: <https://www.chhs.ca.gov/childrens-mental-health-resources/>.

## Organizations Supporting Children and Teens in Traumatic Times

### CalHOPE

CalHOPE delivers crisis support and resources to individuals and communities.

<https://www.calhope.org/>

Contact CalHOPE:

Call 1-833-317-HOPE (4673)



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### **Child Mind Institute**

Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive.

<https://childmind.org/>

Contact the Child Mind Institute:

Email [info@childmind.org](mailto:info@childmind.org)

Call 212-308-3118

### **California Association of School Counselors (CASC)**

The California Association of School Counselors is the largest state school counseling association in the nation, representing over 11,500 school counselors working in California's schools. School staff may contact CASC for referrals for students and families.

<https://covid19k12counseling.org/>

Contact CASC:

Email [casc@schoolcounselor-ca.org](mailto:casc@schoolcounselor-ca.org)

Call 909-815-5222

### **The California Alliance of Children and Family Services (CA Alliance)**

The CA Alliance has 160 nonprofits serving youth and families throughout California. These organizations provide counseling and support in the communities they serve. The CA Alliance Helpline can connect schools and families to behavioral health services.

<http://www.catalyst-center.org/>

Contact the CA Alliance:

Helpline email [youth@catalyst-center.org](mailto:youth@catalyst-center.org)

Call 1-833-99YOUTH or 1-833-999-6884

### **National Association of Social Workers, California Chapter (NASW-CA)**

The NASW-CA is the largest professional association for the social work workforce in California and a mental health resource for all who serve children and families. If you would like to learn more about resources in your area to help talk to your children or others about the recent tragedies, please have your teacher, case manager, or school staff contact NASW-CA.

Contact NASW-CA:

Email [contact@naswca.org](mailto:contact@naswca.org)

Call 916-442-4565