

The holiday season can be a time of joy, community, and connection, but many people experience an increased sense of loneliness and isolation during this time of year. Whether it is in a crowded room or at home by yourself, loneliness is painful and this year's holiday season looks different due to the pandemic.

While you might want to reach out to friends, family, and loved ones, sometimes it feels better to talk to someone with shared experiences or someone you do not even know. The link below includes some free resources for extra support and connection this season and all year round.

Videos	
<ul style="list-style-type: none"> ➤ Suicide Prevention 101 <ul style="list-style-type: none"> ○ 3 minutes 50 seconds 	<ul style="list-style-type: none"> ➤ How to Help a Friend <ul style="list-style-type: none"> ○ 5 minutes 26 second
Social Emotional Numbers/Resources	
<ul style="list-style-type: none"> ➤ National Suicide Prevention Lifeline <ul style="list-style-type: none"> *Open 24/7 *1-800-273-TALK 	The National Suicide Prevention Lifeline is a toll-free lifeline for individuals experiencing emotional distress or crises.
<ul style="list-style-type: none"> ➤ National Suicide Prevention Lifeline Chat <ul style="list-style-type: none"> *Open 24/7 *https://suicidepreventionlifeline.org/chat/ 	Lifeline Chat is a service of the National Suicide Prevention Lifeline, connecting individuals with counselors for emotional support and other services via web chat.
<ul style="list-style-type: none"> ➤ Stanislaus County Crisis Line <ul style="list-style-type: none"> *209-558-4600 *http://www.stancounty.com/bhrs/ 	Various Emergency Services available if you or someone you know is in a crisis and needs to speak to someone.
<ul style="list-style-type: none"> ➤ National Domestic Violence Hotline <ul style="list-style-type: none"> *Open 24/7 *1-800-799-7233 *Text LOVE IS to 22522 *https://www.thehotline.org/ 	The National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.
<ul style="list-style-type: none"> ➤ The Trevor Project <ul style="list-style-type: none"> *Open 24/7 *1-866-7386 *Text TREVOR to 1-202-304-1200 *www.thetrevorproject.org 	If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.
<ul style="list-style-type: none"> ➤ California Warmline <ul style="list-style-type: none"> *Open 24/7 *1-855-845-7415 	Warmlines are phone numbers anyone can call when they need someone to talk to, whether they are experiencing a crisis or not. They can feel confident that the person on the other end of the line is a person with shared experience who understands the relationship-building, compassion, and hope that peers offer.
<ul style="list-style-type: none"> ➤ Crisis Text Line <ul style="list-style-type: none"> *Open 24/7 *Text HOME to 741741 *https://www.crisistextline.org/ 	Crisis Text Line provides free, confidential text message support for individuals experiencing emotional distress or crises.
<ul style="list-style-type: none"> ➤ School Counselor <ul style="list-style-type: none"> *https://elliott.mcs4kids.com/students/counseling-office 	The counseling office provides students: <ul style="list-style-type: none"> >individual or group counseling >consultation with parents, teachers and other educators >referrals to other school support services or community resources >peer helping information
<ul style="list-style-type: none"> ➤ MCS Social Emotional Hotline <ul style="list-style-type: none"> *Monday – Friday, 8am – 5pm *209-492-6000 - Option 3 	Many are feeling a variety of emotions including fear of the unknown, anxiety, and sadness. There are an array of resources to help support emotional and mental health while social distancing. Individuals answering call can direct you to the appropriate services.