

MENTAL HEALTH RESOURCES FOR STUDENTS AND FAMILIES

If you are concerned about a friend's potential for suicide, or are feeling depressed or suicidal yourself, there is help available. Please access services. Suicide is a permanent solution to a temporary problem. Suicide is preventable!

**24-Hour Countywide School Tip Line:
415/ 499-5841**

School-based counseling: See the school counselor or school psychologist

Faith-based referrals: Talk to family clergy

Emergency Hotlines

Marin Psychiatric Emergency Services/ Crisis Center	473-6666
Marin Suicide Prevention	499-1100
Marin Grief Counseling	499-1195
National Hotlines	1-800-SUICIDE (800-784-2433) or 1-800 273-TALK (800-273-8255)

Community Counseling Agencies

APPLE FamilyWorks – San Rafael http://www.familyworks.org	492-0720
Bay Area Community Resources – San Rafael http://www.bacr.org	444-5580
Community Institute of Psychotherapy – San Rafael http://www.cipmarin.org/	459-5999, extension 102
Community Mental Health – San Rafael http://www.co.marin.ca.us/depts/HH/main/mh/index.cfm	499-6769
Community Healing Centers - Novato http://www.communityhealingcenters.org/	499-1115
CorStone (formerly Center for Attitudinal Healing) http://www.corstone.org	331-6161
Family Service Agency – San Rafael http://www.fsamarin.org/	491-5700
Hospice of Marin - Larkspur http://www.hospicebythebay.org	927-2273
Huckleberry Teen Health Program & Teen Tuesday Clinic http://www.huckleberryyouth.org/teenhealth.html	258-4944

Marin Suicide Prevention Center – San Rafael 499-1100
<http://www.fsamarin.org/spcc.html>

Novato Youth Center – Novato 892-1643 ext. 239
<http://novatoyouthcenter.org/counseling.html>

Novato Wellness Center – Novato 898-1100
<http://novatoyouthcenter.org/nwcflyer.pdf>

Hospitals and Clinics

Many insurance companies cover the expense.

Kaiser Permanente Psychiatric Services – San Rafael 444-3522
<http://www.permanente.net/homepage/kaiser/pages/d2232-top.html>

Marin General Psychiatric Services – Greenbrae 925-7590
http://www.maringeneral.org/jsp/BH_Psych.jsp

Psychiatric Emergency Services - Greenbrae 473-6666
http://www.co.marin.ca.us/depts/HH/main/mh/pes_faq.cfm

Family pediatrician

Online Resources

Marin County Office of Education: Teen Mental Health/Suicide Prevention Resources
<http://199.88.112.8/SchoolLawB2/SuicidePrevention/SuicidePreventionGateway.htm>

Marin Youth Health Advisory <http://www.healthyteensmarin.org>

Light for Life Program <http://www.yellowribbon.org/>

Half of Us: National <http://www.halfofus.com>

Suicide Awareness/Voices of Education (SAVE) <http://www.save.org>

National Alliance for Mentally Ill <http://www.nami.org>

Books

Grollman, Earl A. and Malikow, Max,
[Living When a Young Friend Commits Suicide –or Even Starts Talking About It](#) (Beacon Press, 1999)

Knapp, Ronald A., [Beyond Endurance](#), 2nd Edition
 (Authorhouse, 2005)

