

WE HEAR
M

youTH



Mental Health Resources

RISE Center

Location: Main Office / Admin. Building

If you're feeling overwhelmed, frustrated, upset, or struggling with how to manage your feelings, the RISE center is a safe place to take a quiet break, check in with a caring adult, or take some time to breathe and find your calm.

Any student can use the RISE center. You will need an eHallPass from your teacher.

email Ms. Rogers with any questions:
jrogers@wusd.k12.ca.us

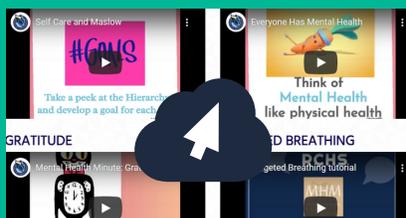


Mental
Health
Support
at River
City High
School



Mental Health Minute Videos

click below



Mental Health Care In Our Community CommuniCare Clinic

500 JEFFERSON BLVD. SUITES #180 & #195
WEST SACRAMENTO, CA 95605

(916) 403-2900

Open to any youth who are
seeking mental health support.



 [website](#)



Mental Health Phone Applications

52% of RCHS students said they wanted to learn more about phone apps that support mental health.

Free

-  **Calm App**
Supports with sleep, stress, and mindfulness.
-  **Smiling Mind**
Hundreds of meditations to choose from.
-  **Thisissand**
Visual, auditory, and touch stimuli to focus awareness on the present.
-  **Insight Timer - Meditation App**
Guided meditations by topic & ambient sounds.
-  **Box Breathing**
-  **MindZone**
Mindfulness activities.
-  **Atmosphere**
Peaceful sounds.

Cost at Download

-  **Fabulous App**
Supports with: routines, focus and concentration, better sleep, stress, calming anxieties, happiness, healthy habits, and motivation.
\$7.99 / month

Available in:
English
Spanish
French
German
Japanese
Portuguese
Chinese
-  **MyLife Meditation**
Participate in mood-check ins, and mindfulness activities.
\$9.99 / month
-  **Headspace: Meditation & Sleep**
Meditation & relaxation skills.
\$12.99 / month

Follow us on Instagram for mental health tips:
[@mendingmatters](https://www.instagram.com/mendingmatters)



24/7 Mental Health Resources



**California
Youth Crisis
Text Line**

Text

1-800-843-5200

24 / 7 ACCESS

Please call or text 1-800-843-5200 anytime you are feeling misunderstood or overwhelmed and are needing to talk to someone about what's happening, especially before you run away or cause harm to yourselves or others. Call us first to learn how to handle your current and/or future crises. Translation services are available for multiple languages.

**National Suicide
Prevention Lifeline**

**Available 24/7
800-273-8255**



**THE TREVOR
PROJECT**

1-866-488-7386

[www.thetrevorproject.org
get-help-now/](http://www.thetrevorproject.org/get-help-now/)

24 / 7 ACCESS

BlackLine

Call 1-800-604-5841

<https://www.callblackline.com/>

24 / 7 ACCESS

**Sacramento
County Mental
Health 24 Hour
Crisis Line**

Call (888) 881-4881

**CRISIS TEXT
LINE**

**Text "HOME"
to 741741**

24 / 7 ACCESS

Friendly Reminder: your safety is important to us. All RCHS staff members are mandated reporters, meaning if you share information with a staff member about previous or current child abuse or neglect, this information will be shared with Child Welfare Services. If you express any safety concerns to an RCHS staff member, this information will not be kept confidential.

RCHS Youth Advisory Committee Mission

We want to make it normal to talk about our mental health at River City. We want to promote growth among our classmates by sharing ways to take care of our mental health. We want to let people know they are not struggling alone, and that there is always hope and help in our community.

- Your RCHS Youth Advisory Committee

"We want to hear you."

"You are not alone, there are a lot of people struggling right now."

"You are strong and MORE THAN ENOUGH."

"We are proud of you."

"There are hard times, but then there is light."

"You are loved."



- Messages to YOU from your RCHS Youth Advisors

Jolie Mouhasseb

Kayleigh Santos

Rithik Kumar

Regina Alfaro

Mellana Gidenko

Courtney Schwartz

Avery Cruz

Jiya Patel