WE EDUCATE & SUPPORT
PUSD ensures all students and families receive the support and information they need. PUSD staff responds to all requests in providing assistance to those navigating Mental Health.

CRISIS RESOURCES
You are not alone

24/7 Emergency Hotlines & Crisis Intervention

- Crisis Text Line—Text HOME to 741741
- National Suicide Prevention Lifeline—Dial 988
  Or CHAT by visiting this link: https://suicidepreventionlifeline.org/chat/
- Butte Co Crisis Line—530-891-2810
- Butte 211 HELP CENTRAL—Dial 211

Non-Emergency Resources
All School Site Counseling Offices
All School Site Principal’s Offices
Any Staff Member

Activating The CARE Team

530.783.CARE

Hi, my name is Sarah. I’m calling because I’m worried a young person I know may be considering suicide. Here is my contact number.

Leave a voice or text message on the CARE Team activation line if there is a young person in your life struggling with suicidal thoughts.

The Lifeline is FREE, confidential, and always available.
HELP a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

Learn the Warning Signs.