

NATIONAL  
**SUICIDE**  
PREVENTION  
LIFELINE™  
1-800-273-TALK  
www.suicidepreventionlifeline.org



**CLICK**

CARE FOR YOUR  
CORONAVIRUS ANXIETY

Resources for anxiety and your mental health in a global climate of uncertainty.

# Mental Wellness

— 2020 —

## Resources

care+solace

Calming the Chaos of Mental Health Care.

**CLICK**

A SIMPLE, FAST and SAFE Tool for Substance Abuse and Mental Health Help  
The most TRUSTED community of care  
In partnership with Fontana Unified School District



Smartphone Apps



Visual Relaxation



Live Animal Cams



Guided Meditations

