

# Website for Resources for Mental Health, Crisis, for Parents, and Children

<https://learn.epilepsy.com/>

<https://wellnessedlab.org/>

<https://www.cal-furs.org/>

[www.takeaction4MH.com](http://www.takeaction4MH.com)

<https://gallery.directingchange.org/resources/>

<https://www.suicideispreventable.org/>

<https://www.mentalhealthsf.org/>

<https://www.chhs.ca.gov/back-to-school-resources/>

<https://mhanational.org/mental-health-resources-parents>

<https://www.parents.com/health/mental/free-mental-health-resources-for-families/>

<https://www.parentcenterhub.org/mentalhealth/>

<https://up2riverside.org/resources/resources-for-parents/>

<https://wp.sbcounty.gov/>

<https://www.sbcounty.gov/>

<https://wp.sbcounty.gov/>

<https://www.csusb.edu/>

<https://www.iehp.org/>

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

<https://www.mytherapybuddy.org/>

<https://www.casaofsb.org/>

<https://www.smilingmind.com.au/>

# Free Phone Apps for Mental Health & Wellness (Androids & IOS) compatible

- MindShift.
- Headspace
- Smart Tales - STEM learning.
- Smiling Mind.
- Breathe, Think, Do with Sesame.
- Calm. ...
- Mindful Powers™ ...
- Children's Bedtime Meditations.
- Meditopa
- Exhale
- My possible self
- Mind Shift
- For Me
- The Zones of Regulation
- Calm Harm
- Mood Mission
- 1 Giant Mind
- What's up
- Yourcrew