



ACALANES RESOURCE GUIDE

In-School Resources



Wellness Center [\(refer someone\)](#)

Get support if you are experiencing anxiety, stress, grief, or other mental health issues. You can drop in without an appointment for a 15-20 minute "cool-down", if it's an urgent matter, please let us know! Let Wellness staff know if you would like an appointment with a support counselor for short-term therapy (5-8 sessions).

Counseling [\(find your counselor\)](#)

Make an appointment with your counselor if you need support with classes, schedules, or need to talk to someone. You can make an appointment by visiting them in their office or emailing them directly.

Bias Incident Report [\(make a report\)](#)

If you experience hate actions, racism, sexism, microaggressions, or microassaults from students, teachers, or faculty, you can anonymously report it to this system. The Bias Incident Report Team reviews and supports students with reported incidents of bias.

Technology

Reach out for any help with canvas, and Chromebooks by going to the library.

Peer Tutoring

Get extra academic support from peers. No appointment necessary! Tutors are available every day at lunch, Academy, 7th period & after school until 4 pm. Located in the glass hallway next to the small theater.

See Something Say Something [\(make an urgent report\)](#)

SEE IT, REPORT IT! Report urgent matters related to student safety, such as observed threats, behaviors, and actions. The report is routed to police departments and school administration for immediate follow-up.

School Nurse [\(nurse's website\)](#)

Visit the school nurse, Dvora, for support and information. Located in the admin office.

Academic Intervention [\(sign up to meet with a teacher\)](#)

Offered every Wednesday and Friday between 4th and 5th periods. Students have the opportunity to meet with their teachers and receive support. [How to maximize academy time.](#)



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Community Resources



Outside Therapy

Find a therapist that can provide long-term services if you are experiencing mental health challenges. To know where to start follow the steps below: Be prepared with: health insurance plan and member ID/number, and parent consent (if under 18).

If you have health insurance:

- If you are a Kaiser Permanente member go through their mental health line for an appointment by calling (925) 295-4145 ([KP Psychiatry information](#)) ([information on process](#))
- If you are not a Kaiser member ask your pediatrician for a referral OR check in with your insurance to see if network providers have any specific referral procedures.

If you plan to pay out-of-pocket: find a therapist near you through [PsychologyToday](#).

If you do not have insurance and are looking for low-cost or free services check out some of the options below:

[Bay Area Psychotherapy Institute](#)
[Center for Human Development](#)

[Jewish Family and Community Services East Bay](#)
[John Muir Behavioral Health](#)

LGBTQ+

Rainbow Community Center ([view their programs](#))

Contact Rainbow for clinical services, support groups, youth programs, education, and social connections.
2118 Willow Pass Rd #500, Concord, CA 94520
(925) 692-0090



Pacific Center for Human Growth <https://www.pacificcenter.org/>

Parents, Families, and Friends of Lesbians and Gays (PFLAG) <https://pflag.org/>

Contra Costa Crisis Center

Call 211 (or 800-833-2900) or text 'HOPE' to 20121 to reach a trained crisis counselor if you're thinking about suicide, worried about someone, or want emotional support. For a current database of community resources, click [here](#).



National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255) or contact the Crisis Text Line by texting HOME to 741741. You can also dial 988. Click [here](#) to learn more about how the National Suicide Prevention Lifeline can help.



Activity Organizations

Check out local libraries for summer activities and ways to connect with others.

[Contra Costa County Library Events Calendar](#)