



CALIFORNIA DEPARTMENT OF EDUCATION

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Holiday Support for Students: Managing Mental Health, Finding Shelter, and Accessing Food

The holidays can be a wonderful time of year, but they can also be stressful and overwhelming, especially for students experiencing food insecurity, homelessness, or mental health challenges. Below are some key options to support students and their families navigate this busy and demanding time of year.

211 California:

The 211 helpline provides free, confidential information and referrals for housing, food, healthcare, and other emergency services. Call 211 or visit www.211ca.org.



988 Lifeline

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Call 988 or visit

<https://988lifeline.org/>



California Association of Food Banks (CAFB)

The association coordinates food distribution across California and supports local food banks. Enter your zip code to find local food banks.

<https://www.cafoodbanks.org/our-members/>



Feeding America

The national network partners with regional food banks. Enter your zip code to find local food banks. Enter your zip code to find local food banks.

<https://www.feedingamerica.org/find-your-local-foodbank>



Covenant House California:

Covenant House operates shelters and provides services to youth experiencing homelessness.

<https://covenanthousecalifornia.org/>

**Mental Health America**

Hope for the Holidays

<https://mhanational.org/holidays>

**San Diego County of Education**

Mental Health Resources for the Holidays

<https://www.sdcoe.net/about-sdcoe/news/post/~board/news/post/mental-health-resources-for-the-holidays>

**Soluna: Gen Z Mental Health**

An online app that offers virtual access to a range of behavioral health supports for people ages 13 – 25 and links to free and reduced-cost services like food pantries, housing, and financial assistance.

<https://solunaapp.com/>

**Brightline Mental Health/BrightLife Kids**

A web-based and online app that offers virtual access to a range of behavioral health supports for families and children ages 0-12.

<https://www.hellobrightline.com/brightlifekids/>

