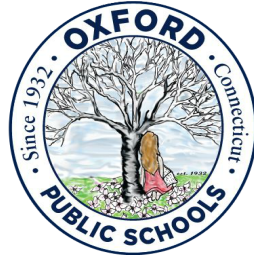


Mental Health & Community Services



[MENTAL HEALTH RESOURCES IN THE OXFORD AREA](#)

[COUNSELING RESOURCES 2021 LIST](#)

[Talk It Out](#)- For parents and caregivers who need someone to listen, to understand and to talk your feelings out.

[One Word, One Voice, One Life](#)- Suicide prevention site

[Emergency Mobile Psychiatric Services](#)- For children and adolescents experiencing a behavioral or mental health crisis

[Mobile Crisis Unit \(211\)](#)- COVID-19, Crisis, Disaster, Emergency & Essential Needs Assistance

[Children's Behavioral Health Resources Guide](#)

[Homeless Resources](#)

Family Wellness

[Talking to Children about Coronavirus](#)

[Stay at Home Family Resources](#)

[Calm - Resources to Support Mental and Emotional Wellness](#)

[Look For The Good - 30 Glimmers of Gladness in 30 Days](#)

[Wellness Ideas List](#)