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