

Bell Hill Academy

Parent / Student Handbook

2025-2026



Bell Hill Academy
342 South School Street
Grass Valley, CA 95945
office: 530.273.2281
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Home of The Bell Hill Academy Bears!
School Colors: Red and Black

Calendar of Events

At Bell Hill Academy, we have a number of community events during the year. Here is an overview of some of these events and celebrations so that you can plan ahead. As specific dates are agreed upon, they will be sent out in school and classroom newsletters and posted on the Bell Hill Academy website.

Back to School Night

August 20

Parents come to school to meet teachers and sign up to help out.

Jog-a-Thon

September 19

Bell Hill Academy's major fundraiser of the year.

Picture Day

October 3

Individual pictures taken.

Parent Conferences

October 6, 8, 14, 16

Formal conferences are scheduled between teachers and parents to discuss students' academic and behavioral progress.

Foods of the World

November 7

Each class prepares bread that represents the region of the world they study. Students get to sample breads from around the globe!

100th Day of School

February 3

Kindergarten and First Grade classes celebrate!

Open House

May 27

Families and community members come together to celebrate the hard work of the students and enjoy the dance performances from each class.

World Market

June 9

Students bring items to "sell" to one another with "money" they earn at school.

Bell Schedule for 2025-2026

Regular Day:

8:45 – 9:00	Arrive at the playground
9:00	School Begins
10:25 – 10:45	Recess (TK, K, 1)
10:40 – 11:00	Recess (2, 3, 4)
12:10 – 12:50	TK, K, and 1st Lunch
	12:10 – 12:30 Eat / 12:30 – 12:50 Recess
12:35 – 1:15	2nd, 3rd & 4th Lunch
	12:35 – 12:55 Eat / 12:55 – 1:15 Recess
3:20	Dismissal

Early Release Day:

8:45 – 9:00	Arrive at the playground
9:00	School Begins
10:25 – 10:45	Recess (TK, K, 1)
10:40 – 11:00	Recess (2, 3, 4)
12:10 – 12:50	TK, K, and 1st Lunch
	12:10 – 12:30 Eat / 12:30 – 12:50 Recess
12:35 – 1:15	2nd, 3rd & 4th Lunch
	12:35 – 12:55 Eat / 12:55 – 1:15 Recess
1:35	Dismissal

Before and After School Supervision:

The school day begins at 9:00 a.m. and ends at 3:20 p.m. On early release days, and every Wednesday, school ends at 1:35 p.m. See the school calendar for a list of additional early release days.

Staff is on campus at 8:45 a.m. to supervise students in the multipurpose room. For safety reasons, parents of children who walk or are driven to school should not allow children to arrive before 8:45 a.m. **Playground supervision begins at 8:45 a.m.**

Children who go home on the bus are supervised until the bus picks them up. Those walking or going home by private transportation should leave directly after school. There is no supervision provided for students after school unless they are enrolled in the Out of School Time program. Know your route number and get a red backpack tag.

Attendance:

So much learning takes place every school day! It is essential that you reinforce the importance of coming to school on time, every day. Children who miss schoolwork are at a greater risk of retention; chronic absenteeism contributes to severe learning gaps and may cause children to fall behind. *One day of school missed may significantly impact your child!*

When your child is absent, with or without a note, our school does not receive any funding from the state, and our programs are hurt by the reduction in funds. We are mandated by state law to report student absences, tardies, and early pickups. California Education Law 48260(a) states: A pupil subject to compulsory full-time education who is absent from school without a valid excuse three full days in one school year or tardy or absent for more than a 30-minute period during the school day without a valid excuse on three occasions in one school year, or any combination thereof, shall be classified as a truant. Parents may be required to submit a doctor's note for student absences.

If Your Child is Absent:

California State Law requires parents to notify the school if their child has been absent. Please call or send a note to our office when your child is absent. If an absence is not cleared within a week, your child's attendance for that day will be marked as unexcused and cannot be changed due to mandated state reports. Please check with your child's teacher regarding how to make up homework.

Tips to Improve Your Child's Attendance:

CA Education Code Section 48022 states, "It is the parent's responsibility to ensure that children between the ages of six and 16 shall attend school the full time public schools are in session." Here are some tips to maintain good attendance:

1. When **scheduling non-emergency doctor or dental appointments**, please schedule them during non-school hours. If this is not possible, please bring your child to school before or after the appointment so the whole day of school will not be missed. **Also, a new law requires students to stay in school all day.**
2. Return to school if **fever-free for 24 hours** or after **24 hours** of antibiotics.
3. If your child has mild cold symptoms or allergies and is fever-free and feeling fine, then he or she is welcome to be at school.

4. If you will be out of town, please find someone who can bring your child to school and pick up your child after school. If you must take your child with you, try to delay your trip so your child can attend school for a portion of the day.
5. Please plan a **special visiting time** with friends or relatives after school hours.
6. **To prevent illness**, it helps to teach your child about washing hands, blowing his/her nose, drinking plenty of water, and getting plenty of rest.
7. Plan family trips during non-school days, such as fall, winter, or spring breaks.

Keep in mind that if transportation is an issue, the Grass Valley School District provides free busing within district boundaries.

Arrival and Dismissal:

Buses: Our bus drop-off/pickup area is on South School Street directly in front of the school entrance.

Student Drop-off/Pick-up: Parents may drop off and pick up students on South School Street, in front of the school. Our bus also uses this area to load/unload. Please use caution and follow traffic laws.

- Cars line up for AM drop-off along the curb in front of the school.
- In order to keep the car line moving, **parents are asked not to exit their vehicles**.
- Be safe! Students should exit cars from the passenger side ONLY.
- Parents will be given a visor sign with their child's last name on the sign. In order to speed up the pick-up process, please display this sign when picking up your child.

Please help us be good neighbors; do not block our neighbors' driveways.

Early Pick-up:

If you need to pick up your child early, come to the school office to sign your child out. Office staff will call your child upon your arrival. Please do not go directly to the classroom.

It is important to remember that our teachers are teaching and our students are learning right up until dismissal at 3:20. **EARLY DISMISSELS INTERRUPT LEARNING.** We ask that you make every effort to schedule appointments, etc., before or after school. California Education Law states that *pupils who are tardy for more than 30 minutes during the school day without a valid excuse on three occasions are classified as truant.* (EdCode 48620)

If Your Child Leaves School Early:

Students are expected to remain at school until dismissed for the day. **A new law considers an early check-out to be recorded similarly to being late.** To leave early, parental permission is required. **For student safety, we will not release a child to someone unless they are on your child's authorized pickup list.** The adult picking up the student must sign a sign-out sheet in the office and may require proper identification. **Please contact the school no later than 3:00 p.m. to change pickup arrangements.**

If Your Child Arrives Late:

Students are considered tardy after 9:05 a.m. Tardy students MUST report to the office for a late slip before entering the classroom. We strongly encourage students to be punctual. Arriving late to school is disruptive to the student and to the classroom.

If Your Child's After-School Destination Changes:

A written note or phone call is required from you each time there is a change in your child's transportation. You would need to notify us if your child is meeting a different person after school, riding a different bus, or walking to a different home. **NO STUDENTS will be released to any adult without permission from the child's parent or guardian.** If emergency plans need to be made, we ask that you call **no later than 15 minutes before** dismissal to ensure your child gets your message.

If You're Going on a Trip:

The Superintendent or designee may approve the participation of a student who demonstrates the motivation, commitment, organizational skills, and academic skills necessary to work independently, provided that experienced certificated staff are available to effectively supervise students in independent study. The Superintendent or designee may also approve the participation of a student whose health would be put at risk by in-person instruction.



- 1) Per Education Code 51747, students may take up to 15 days of independent study per school year.
- 2) For pre-planned absences, we need 5 days of advanced notice to the school site office and teacher to ensure we have enough time to gather all needed assignments.
- 3) Families may request an Independent Study Contract (ISC) within 24 hours of an absence when there is an illness or emergency
- 4) Students and families must provide the completed ISC work within 2 days of returning to campus.
All work will be reviewed and assessed by the teacher to ensure completion in order for student attendance to be cleared. If students do not turn in all the assignments on the contract, no days or partial days of attendance credit will be assessed.
- 5) Students who are supported in Special Education must have an IEP addendum approval to ensure alignment with the student's learning plan.
- 6) It is the parents' responsibility to contact the school office and/or set up a meeting with their student's teacher to go over their student's assignments. At this meeting, the teacher, parent, and student will sign that they understand and agree to the ISC.
 - A short-term ISC is available for an event that must take place during school days or an illness when a student will be absent for 1 -15 school days.
 - Why apply for an ISC? When a student is absent for anything other than an illness/doctor's note, it is an unexcused absence.
 - When a student has 3 or more unexcused absences, they are considered truant and will receive an attendance letter. To avoid this, a student may be out on an ISC for 1-15 school days and receive attendance credit when the work is completed and submitted.
 - An ISC can help a student keep up with their learning.
 - The ISC work may not be exactly what is being taught while the student is out.

Transitional Kindergarten Toileting Policy

Learning to use the toilet consistently is a big event in a young child's life. Because toilet training is a complex process, many factors must be considered before and during the process of mastering toilet training for the whole experience to be successful for everyone involved.

How to tell if your child is ready...

- Follows simple directions
- A child must be able to communicate and understand words or phrases that express they have to use the toilet
- Seems interested in the toilet
- Asks to wear underwear
- Appears uncomfortable with a soiled diaper and/or requests a diaper change
- Walks to and from the bathroom, pulls own pants down and up
- Remains dry for at least 2 hours at a time during the day
- Dry diaper after nap time

If a child displays most of these skills, they are most likely ready to begin toilet training, which is a sign the child may be ready for transitional kindergarten. By enrolling in our transitional kindergarten, parents and staff agree it is time to begin encouraging your child to use the toilet. By the age of 3 and a half, we anticipate your child will be a secure toilet user. Children may still require assistance with clothing and wiping, but should be confident in their ability to use the facilities on a regular basis. Pull-ups may still be used during nap or rest as needed. Please remember that patience is the key and children should always see the process of toilet training as a positive achievement. As your child transitions from diapers or pull-ups to big girl/boy underwear, we ask that you keep two extra full sets of clothing at school. These can be stored and labeled in gallon-sized Ziplock-type bags at school. Should any clothing become soiled during the day, the staff will place it in a sealed bag with your child's name.

School Safety:

It is imperative that we work together to keep our school campus safe for students. We ask that adults:

1. Pick up and drop off in designated areas only.
2. Check in at the office before coming onto campus.
3. Use the adult bathrooms located in the main office.

Emergency Procedures and Drills:

Over the course of the school year, we will hold a few different kinds of emergency drills. These include:

- Fire Drills-monthly
- Lockdown Drill-two per year
- Earthquake Drill-one per year
- Bus Evacuation-one per year (Durham Transportation arranges)
- Evacuation of Campus Drill-one per year (possibly)

In Case of Lockdown or Other Emergency:

In the event of a lockdown or other emergency on our campus, information will be sent out to parents via our ParentSquare System as soon as possible and will be used to inform parents after the emergency situation. Please do not call or come to Bell Hill Academy unless you have been instructed to do so by our All Call system.

The district website (gvsd.us) is a good place to get information, as well as at Yubanet.com "Happening Now," KNCO, and mynevadacounty.org. You can also sign up for Code Red Alerts for up-to-date information from the Nevada County emergency response teams at
<https://www.mynevadacounty.com/1293/CodeRED-Emergency-Alerts>

Out of School Time (OST) Program:

Before-school care is available from 7 a.m. – 9 a.m. After-school care is available from 3:20 p.m. – 6:00 p.m. Please contact Rubina Luria-McDonald at (530) 362-0136 for more information, eligibility criteria, and to enroll your child in BASP. ***There is no before-and-after-school care for students who are not enrolled in the program.***

Code of Conduct and Positive Behavior Intervention and Support (PBIS):

We believe that a common set of behavior expectations will support a positive and safe learning environment. We call this our Bell Hill Academy Code of Conduct:

BE SAFE,
BE RESPECTFUL,
BE RESPONSIBLE.

Our Positive Behavior Intervention and Support (PBIS) system outlines our Code of Conduct. Students are taught the Code of Conduct through targeted lessons at the beginning of the school year and throughout the year. Students are frequently acknowledged and rewarded for their positive behavior and for following our Code of Conduct.

Refer to Appendix A for the Bell Hill Academy PBIS Handbook and a complete explanation of PBIS implementation at Bell Hill Academy.

Consequences for Inappropriate Behavior:

When a student chooses to disregard our Code of Conduct, positive action will be taken to help the student develop alternate strategies for dealing with whatever it was that prompted the behavior. If a student's undesirable, disruptive behavior continues, consequences will be assigned. These consequences may include: referral to the principal, parent contact, time out, loss of privilege, restitution, or suspension.

Bullying and Harassment Defined:

Bullying – the delivery of direct or technology-based messages that involve intimidation, teasing, taunting, threats, or name-calling.

Bullying has four main characteristics:

- Type of aggression – verbal, physical, or psychological
- Behavior is intended to harm or disturb
- Carried out repeatedly and over time
- There is an imbalance of power – physical or psychological.

There are several types of bullying:

- Direct bullying (aggression or threats)
- Indirect bullying (rumors, exclusion)
- Relational (damage reputation and relationships)
- Cyberbullying (use of social media to damage reputations and relationships)

Any severe or pervasive physical or verbal act or conduct, including writing or electronic act that causes or can be reasonably predicted or has the effect of one or more of the following, for a reasonable person might warrant suspension or expulsion from school as mandated by CA. Ed Code 48900 (r):

- Fear of harm to person or property
- Experience a substantial physical or psychological detrimental effect
- Substantial interference with academic performance
- Substantial interference with participation or benefit from school services, activities or privileges

Harassment – The delivery of disrespectful messages in any format related to gender, ethnicity, sex, race, religion, disability, physical features or other protected class.

Bullying and harassment issues are serious issues that are addressed by the principal and involved staff.

Do Not Bring to School Items:

Dangerous objects (including weapons), alcohol, tobacco, and drugs are not allowed at school.

Electronic devices, including cell phones, iWatches, iPods, music players, and games, should not be brought to school and will be confiscated if they are seen or heard during school hours.

In order to avoid loss or damage, toys and other valuable items are not allowed at school. No staff time will be spent investigating the loss or damage of these items.

Clothing and Grooming:

A student's clothing, jewelry, hairstyle, or accessories must not disrupt or distract from the learning process, must be appropriate for school, and acceptable by community standards as determined by the Bell Hill Academy School Site Council and Grass Valley School District Board of Trustees. To support our Code of Conduct (Be Safe, Be Respectful, Be Responsible), we ask parents and students to follow these guidelines. If a student comes to school dressed inappropriately, he or she will call home for alternate clothing. ***If you have questions about the appropriateness of clothing or grooming, please contact the school principal.***

Hats and Hoods – Hats, hoods, or visors may be worn outside the classroom. Hats, hoods, and visors must be worn with the brim facing forward, and must be free of inappropriate logos. Occasionally, exceptions to students wearing hats or hoods indoors are made in agreement with the administration and parents. In the interest of sun safety, students are encouraged to wear hats when playing outside.

Hair – If a hairstyle or color becomes a distraction, school administration may ask that the student be picked up by parents and/or that parents remedy the distraction before school the next day.

Makeup – TK-4 students may not wear makeup to school. Children will be asked to remove any makeup worn to school.

Tops – When arms are raised above the head, the midriff stays covered. No undergarments may be visible. The following styles are not allowed: large armholes, bathing suits, bare backs. Shirts must not contain obscenities or ads for alcohol, drugs, or tobacco products. The appropriateness of shirt content will be at the discretion of the School Administration.

Shorts – A good general rule to follow is that the shorts should come down to the end of the fingertips when the arms are held straight down against the sides.

Pants – Pants should be clean and in good repair. All pants need to fit at the waist – “sagging” is not allowed. Underwear must always be covered and unseen. Large holes in pants are not allowed.

Shoes – Shoes should be safe and comfortable. Shoes, including sandals, need to fit around the heel (at

least with a strap). Shoes with high heels, tall platforms, or flip-flops are not allowed. Students may not skate on shoes while on school grounds. Sturdy shoes that allow children to run and play will keep the children safe on the playground.

Bicycles, Scooters, and Skateboards:

Bicycle racks are provided for students. For safety reasons, students are encouraged to ride their bikes and scooters to school with an adult. State law requires students to wear a helmet. Students must walk their bikes and scooters on campus. Skateboards may not be ridden at any time on the school grounds. A skateboard may be stored in the classroom during the school day.

Bus Transportation and Rules:

The bus driver has complete authority. Requests made by the driver are to be followed respectfully and immediately. **Riding the school bus is a privilege; if the rules are not followed, a student may lose the bus privilege. All school rules apply to students who ride the school bus.** Additionally, there are specific rules when riding the bus:

- Remain seated with feet out of the aisle
- Seat Belt buckled (if provided)
- Keep voices low
- Keep hands and feet to yourself
- Keep all body parts inside the bus
- No eating or chewing gum on the bus
- No glass or pets may be taken on the bus.



When bus rules are broken, the student receives a citation from the bus driver. Action taken will be:

Citation #1 – a conference with the principal
Citation #2 – a two-day bus suspension
Citation #3 – a two-week bus suspension
Citation #4 – a two-month bus suspension

Field Trips:

Field trips are a valuable part of Bell Hill Academy's educational program. Parent permission is required. Any person driving on a field trip, whether transporting a child or not, must complete the "District Sanctioned Field Trip Form" and have district-required insurance. This form must be provided to the office two days prior to the trip.

School policy for field trips for behavior is:

No more than 1 behavior referral within two weeks prior to the trip
No more than 3 behavior referrals within one month prior to the trip
No suspensions within one month prior to the trip

If you are interested in volunteering to chaperone a field trip, please talk to your child's teacher. **For liability reasons, siblings cannot attend field trips.** Be sure to stop by the office and sign in when chaperoning on a field trip.

Home-School Communication:

Teachers communicate with parents through weekly newsletters, flyers, phone calls, and email. We encourage you to communicate frequently with your child's teacher. It is not necessary to wait for a

conference day to schedule a conference.

All students will receive a home/school communication folder. Please review the contents of the folder. Help us help your child, and let your child's teacher know of any problems outside of school that might affect your child's day.

Homework:

Homework reinforces learning, develops independent study skills, and promotes responsibility.

Our School Board has approved these guidelines for homework:

Kindergarten/ 1 st grade	5-10 minutes/ night
2 nd grade	10-20 minutes/night
3 rd grade	15-30 minutes/night
4 th grade	20-40 minutes/night

The above totals do not include the recommended 30 minutes per night of pleasure reading. Generally, homework is assigned four nights a week, and not over the weekend.

Parents can encourage good study habits in these ways:

- Provide a study area.
- Avoid distractions, such as TV, during study time.
- Set a specific time period for homework.
- Encourage and assist, but do NOT do the work.
- Stay in touch with the teacher.
- Set an example with your own pleasure reading.

Change of Address, Phone, or Emergency Contacts:

Please notify us when there is a change of address, phone number, or emergency contact information. It is vital to have up-to-date information if we need to reach you.

Medication at School:

The office has a special Administration of Medication Form that is required for medication taken at school. The form should indicate the dosage and frequency of medication to be taken, and must be signed by the doctor and the parent. All medication must be in the original container. Children **MAY NOT** bring any medicine (including over-the-counter medication) to school.

Head Lice Concerns:

Unfortunately, head lice continues to be a problem among school-age children in our area. It is helpful when parents check their children frequently and communicate with the school when they find nits (eggs) or adult lice. Additionally, please remind your children not to share combs, hats, clothing, scarves, etc., in order to prevent the spread of lice. Information about how to check your child for head lice will be sent home early in the school year.

Sun Safety:

Bell Hill Academy is working to promote positive health habits to protect the skin and eyes from sunburn and sun damage. We encourage students to wear hats for outdoor activities and field trips, and

clothing that covers the most skin. We encourage parents to apply sunscreen on all sun-exposed areas of the skin.

Food at School:

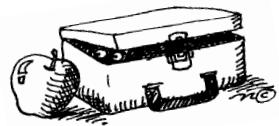
Daily Snacks will be provided by Community Roots.

Snack Program-Free hot breakfast/snack will be provided each school day around 10:30 am. Please try to send your child to school having eaten breakfast.

Lunch Program - Free hot lunch is available each school day.

Lunches are handled through Community Roots. All inquiries regarding the lunch and breakfast programs can be made by calling (530) 452-0980 or visiting <https://communityrootsnc.org/>

Meals served by the school cannot be taken home. California State law does not allow any meals served by the school to be taken off school grounds except for field trips.



Snacks - Children can bring snacks from home. We ask that parents provide wholesome and nutritious snacks. New California State nutrition guidelines prohibit foods having high sugar content.

Birthday Invitations and Special Treats:

Children **may not** distribute party invitations at school. There are hurt feelings when only certain children get invited to a party. Any plans to send birthday treats to school need to be discussed ahead of time with the teacher. Any treats sent to school must be store-bought. Please check with your child's teacher regarding food allergies in the classroom. Please do not arrange balloon or flower deliveries for your student. No balloon or flower deliveries will be accepted for a student.

Lost and Found:

The lost and found bin is usually quite full. Students or parents are welcome to check for missing clothing. Please label all of your child's belongings, including jackets, sweaters, hats, lunch boxes, etc. All unclaimed clothing will be given to a charitable organization at the end of each trimester.

School Closure:

We will send out an all-call if weather conditions are unstable. Also, tune in to KNCO 830 AM. They will announce all school closures by 7:00 a.m.

Report Cards:

Our schools are on the trimester system. Report cards are issued in the fall, spring and at the end of the school year. Formal parent/teacher conferences are held in the fall. You are always welcome to call and request a conference with your child's teacher.

Student Success Team (SST) Meetings:

If you have concerns about your child's progress – socially, academically, or emotionally – you can request a Student Success Team meeting. Teachers or administrators may also request an SST. During

an SST, staff and parents work together to find strategies or alternatives that may better meet your child's needs. Please talk to your child's teacher if you would like to arrange an SST.

Non-Discrimination in District Programs and Activities:

The Governing Board is committed to providing equal opportunity for all individuals in education. District programs, activities, and practices shall be free from discrimination based on race, color, ancestry, national origin, ethnic group identification, age, religion, parent's marital status, physical or mental disability, gender, ethnicity; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.

Parents and Other Non-Staff Adults on Campus:

When parents or adult family members are on the Bell Hill campus as volunteers or when dropping off/picking up students, they should refrain from disciplining students, which includes correcting behavior or speaking to them about incidents that do not follow the code of conduct.

Volunteers:

Grass Valley School District recognizes that parental involvement is a vital part of a well-balanced school program, and includes parent input into the planning, design, implementation, and evaluation of the school plan and district Local Control Accountability Plan (LCAP).

A district parental involvement program has been developed, which includes the following objectives (Board Policy 6054). Each school will:

1. Promote a clear two-way communication between school and family about school programs and the children's progress.
2. Support parents as decision makers and develop their leadership in governance, advisory, and advocacy roles.
3. Involve parents in instructional support roles at school.
4. Help parents develop parenting skills and foster conditions at home that support their children's efforts in learning.
5. Provide parents with the knowledge of techniques designed to assist their children in learning at home.
6. Coordinate community and support services.

Two excellent ways to participate in school are through the Parent-Teacher Club (PTC) and the School Site Council. If you are interested in learning more about volunteering at school, contact your child's teacher or the school office.

For student safety:

- Visitors on campus must check in at the office to get a pass so everyone will know you are authorized to volunteer.
- Parents and Volunteers are requested to use the adult bathroom in the staffroom near the school office.
- All volunteers are required to have a current TB test on file with the district office.

For liability purposes, children who are NOT enrolled at Bell Hill Academy may not volunteer in the classroom.

Parent-Teacher Club (PTC):

Volunteering can take place through your participation in our PTC. If you are interested in joining the PTC, please give us a call, and we will give you the name and number of our representative.

School Site Council:

Parents are invited to work alongside school staff on our School Site Council. As part of the School Site Council, parents provide input about our school programs, policies and procedures. School Site Council meeting dates and times will be announced at the beginning of the school year.

STUDENT/PARENT WELLNESS

How to Access Student Mental Health Services – AB2022

In Accordance with AB 2022 Pupil Mental Health Services, School Notification, the Grass Valley School District wants to ensure that parents, guardians, and students are informed about resources available for anyone who believes they are in a mental health crisis. We encourage parents/guardians and students to talk with any adult in the school district if they are concerned about another student and possible mental health needs. Take all threats seriously.

Local Mental Health Resources

Nevada County Behavioral Health 24-hour crisis line (Grass Valley): (530) 265-5811
Community Beyond (Domestic Violence) 24-hour crisis line (Grass Valley): (530) 272-3426
Sierra Family Medical Clinic (North San Juan): (530) 292-3478
Chapa De Indian Health Clinic (Grass Valley): (530) 477-8545
Western Sierra Medical Clinic (Grass Valley): (530) 274-9762
Nevada County Children's Behavioral Health (Grass Valley): (530) 470-2736

Crisis Lines

National Suicide Prevention Lifeline: 1-800-273 – TALK (8255)
Crisis Test Line: Text Start to 741-741
LGBTQ Youth Suicide Hotline: 1-866-488-7386