

# Be Well, Stay Connected, You Are Not Alone

Resources to promote Palo Alto's  
community health, safety,  
wellness, and belonging.



Find Teen Therapy Services



Prevent Suicide and Support Mental Wellness



Call TRUST – Trusted Response Urgent Support Team: 9-8-8



Participate in Social & Community Groups



Serve and Support Others by Volunteering



[www.cityofpaloalto.org/BeWell](http://www.cityofpaloalto.org/BeWell)



CITY OF  
**PALO ALTO**

Persons with disabilities who require materials in an appropriate alternative format, auxiliary aids, or modifications to policies or procedures to access City meetings, programs, or services should contact the City's ADA Coordinator George Hoyt at **(650) 329-2550** or by emailing **ADA@cityofpaloalto.org**.



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