

YOUTH WELLNESS GUIDE

We acknowledge youth mental health's urgency and the need for care now. Empathy is a gift we must give ourselves to aid others. Below are our top links to tools for you and loved ones.

As a reminder, these links are not medical advice. If you are in crisis, dial 911, or, if you or someone you know needs to talk to someone right now, text START to 741-741, or call 1-800-273-TALK (8255) for a free, confidential conversation with a trained counselor 24/7.

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How do you know if you or a loved one needs help?

Quickly learn the five signs of emotional suffering.

Learn More: <https://www.bchd.org/know-five-signs-emotional-distress>



Do you want to know how to talk to youth about feelings, thoughts and managing emotions?

This bilingual site features evidence-based videos with real kids to teach mental health skills. Sections for elementary, middle and high school ages for students, parents and teachers.

Learn More: <https://childmind.org/healthyminds/students/>

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Do you wish you knew what to say to someone who is struggling?

Take this self-paced, bilingual course and certificate in less than two hours and learn the five Golden Rules for helping someone with their mental health.

Learn More: <https://betherecertificate.org/>



Going to college next year? That change can be tough.

Use these tools to help you prepare including what to talk about with your friends, a "Right Fit" quiz to use when choosing a school, and what to know about transitioning any care you have now.

Learn More: <https://jedfoundation.org/set-to-go/>

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Wish you could just talk to someone your age about what you're going through?

When you text TEEN to 839863 or call the Teen Line, a trained, volunteer teen will be there to listen to you, without judging you or telling you what to do.

Learn More: <https://www.teenline.org/>

Is there an app for that?

There is! Teen Talk is a free, anonymous app you can download to get support from trained teens 5pm - 10pm PT every night. You can also post 24/7 and they will respond when they come online.

Learn More: <https://www.jbbbsla.org/teen-programming/>



Have another question or issue?

Try this local virtual teen center- it's easy to select any issue you're facing including relationships, stress, procrastination, harm prevention, addiction and more. View videos with ideas from real teens.

Learn More: <https://www.southbayfamiliesconnected.org/virtual-teen-center>

Need help finding a counselor or other treatment?

Several local school districts use this online tool to swiftly connect students and families with care providers. Answer brief questions about your concern, insurance status, and travel distance to get connected fast.

Learn More: <https://caresolace.com/site/platform>



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