

Teen Guide

TO MENTAL HEALTH AND WELLNESS



- **BLACKLINE**
1-800-604-5841 (24/7)
Open to anyone, but designed for Black, Black LGBTQIA+, Brown, American Indian, and Muslim communities
- **CALIFORNIA WARMLINE**
1-855-845-7415 (24/7)
A non-emergency resource for anyone seeking emotional support
- **CHILD ABUSE HOTLINE**
1-800-344-6000 (24/7)
If you or a friend is being hurt or neglected
- **TEEN LINE**
Teen Line's highly trained teen listeners provide support, resources, and hope to any teen who is struggling.
Call 800-852-8336 Nationwide (6 p.m. to 10 p.m. PST)
Text TEEN to 839863 (6 p.m. to 9 p.m. PST)
- **CRISIS TEXT LINE**
Text TALK to 741741 to text with a trained counselor for free
- **NATIONAL DOMESTIC VIOLENCE HOTLINE**
1-800-799-7233 · Text LOVEIS to 22522
Resources for teen dating abuse
- **NATIONAL SUICIDE PREVENTION LIFELINE**
988 (24/7). This is an easy to remember three-digit confidential dialing, texting, and chat code for anyone experiencing a suicidal, substance use, mental health crises or emotional distress.
- **THE TREVOR PROJECT**
TrevorLifeline: 1-866-488-7386
Text TREVOR to 1-202-304-1200
TrevorChat: Via thetrevorproject.org
- **TRANS LIFELINE**
1-877-565-8860 (8 a.m. to 2 a.m. every day)
Staffed by transgender people for transgender people in a crisis



san diego county office of
EDUCATION
FUTURE WITHOUT BOUNDARIESSM

Access

MENTAL HEALTH RESOURCES AND INCREASE MENTAL HEALTH LITERACY



VIRTUAL WELLNESS CENTER

<https://www.sdcoe.net/students/health-well-being/virtual-wellness-center>

This is a safe space to access support, take a break, rest, and refocus.



FOR TEENS BY TEENS

<https://www.sdcoe.net/students/health-well-being/mental-health-supports#fs-panel-33650>

Access mental health resources and information created for teens by teens.



LIVINGWORKS START

<https://www.lwyouthsummit.com/>

A free 90-minute Online Suicide Prevention Training for middle and high school students (13+).
Learn the skills to support friends, classmates, and family.

Personalized MENTAL HEALTH SUPPORTS



MENTAL HEALTH QUESTIONNAIRE

Wondering how to talk with someone you trust about mental health and wellness? A mental health questionnaire can be a first step. Visit **Mental Health America** to check your symptoms. It's free, confidential, and anonymous.



A CULTURALLY-AFFIRMING, INNOVATIVE COMMUNITY

Brother Be Well is a unique platform for boys (13+) and men of color blending awareness, innovation, education, and healing pathways to reduce disparities, disrupt prolonged suffering, and improve health and mental wellness.



PERSONALIZED RESOURCES

Design your own self-care toolkit.
This is about you. Your experiences.
Your challenges. Your tools to meet them.

Apps FOR TEEN WELLNESS

A FRIEND ASKS



Help a friend or yourself who may be struggling with suicide

SELFSEA



Take a short questionnaire to connect you with personalized support

VIRTUAL HOPE BOX



Store and view things that give you hope and support

NOTOK



Digital panic button to get immediate support from your trusted contacts.

MINDSHIFT



Strategies to help cope with stress and anxiety