WELL BEINGS

Greater Seattle Area

Mental Health Resource Toolkit

WETA KCTS 9

The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. The campaign begins with the YOUTH MENTAL HEALTH PROJECT, engaging youth voices to create a national conversation, raise awareness, address stigma and discrimination, and encourage compassion. The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including people with lived experience of health challenges, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit **WellBeings.org** or follow **@WellBeingsOrg** on Instagram, Facebook, or Twitter, and join the conversation with **#WellBeings**.

Mental Health challenges come in many forms, from all walks of life. WELL BEINGS has put together this guide as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about who might be facing a Mental Health challenge.

If you are in crisis, or experiencing thoughts of suicide, please text the **Crisis Text Line** (**text HELLO to 741741**) or call the **National Suicide Prevention Lifeline** at **1-800-273-TALK** (**8255**). Both services are free and available, 24 hours a day, seven days a week.

LOCAL RESOURCES

There is help close to home. Below we highlight community organizations that specialize in the mental health needs of the Greater Seattle Area and Washington State. Although this guide isn't a complete list of all resources in the area, it can serve as a reference if you're looking for crisis providers and support organizations for youth, teens, and adults in the Seattle region.

AGE UP

allgirleverything.org
info@allgirleverything.org
This youth-driven organization invests in black, indigenous, and people of color youth in South Seattle. Their community is rooted in ultimate frisbee and committed to justice.

ATLANTIC STREET CENTER

atlanticstreetcenter.org
Social service agency helping families and communities raise healthy, successful children and youth through direct services and advocacy for social justice and equity.

BLACK LIVES MATTER - SEATTLE KING COUNTY

blacklivesseattle.org
Social advocacy organization fighting for the protection and liberation of Black Life through advocacy and direct action.

CAROLYN DOWNS FAMILY MEDICAL CENTER

countrydoctor.org/carolyn-downs-fmc
Vibrant, active and diverse clinic in the heart of the Central District offering a full range of primary care services and an on-site pharmacy to help families stay healthy.

CHOOSE 180

kingcounty.gov/depts/prosecutor/youth-programs/choose-180.aspx
Info@Choose180.org | 206-477-7587
A pre-filing diversion workshop that is designed to be a tool to get at the heart of why youth sometimes make bad choices, and to help keep youth out of the criminal justice system.

CITIESRISE

cities-rise.org/youthrise
kevin@cities-rise.org
A network that offers connection, resources, training, and support to young people throughout King County who are working to make more mental health friendly environments.

CLERGY, COMMUNITY FOR CHILDREN YOUTH COALITION

the4ccoalition.org
hazelcameron@the4ccoalition.org
206-772-1434
A community-based, nonprofit organization committed to offering mentorship support to vulnerable youth of color, enabling them to live and work at their highest potential.

COMMUNITY PASSAGEWAYS

communitypassageways.org
206-257-0774
Creating alternatives to incarceration for youth and young adults by rebuilding communities through committed relationships centered on love, compassion, and consistency.

CREATIVE JUSTICE

creativejusticenw.org
creativejusticenw@gmail.com
206-602-6174
Working with youth impacted by the school-to-prison-(to-deportation) pipeline. Participants and mentor artists work together to examine the root causes of incarceration, creating art that articulates the power and potential of our communities.

CRISIS CONNECTIONS

crisisconnections.org
866-427-4747
With over 400 trained volunteers and experienced staff, they provide support, resources and certified training for King County and other communities statewide. Programs include programs include the 24-Hour Crisis Line, King County 2-1-1, Teen Link, WA Recovery Help Line and WA Warm Line.

EAST AFRICAN COMMUNITY SERVICES

eastafricancs.org
info@eastafricancs.org
206-721-1119
Supports East African immigrant and refugee youth and families to achieve cradle to career success through after school programs, mentoring and camps.

LOCAL RESOURCES

FEEST
feestseattle.org
info@feestseattle.org | 206-348-3675
Led by youth of color in South Seattle and South King County working to improve health in our schools. Focusing on the need for more healthy, affordable, and culturally relevant food at school.

GAY CITY
gaycity.org
info@gaycity.org
Seattle's LGBTQ Center cultivates access and connections to promote self-determination, liberation and joy in our communities.

GENDER JUSTICE LEAGUE
genderjusticeleague.org
info@genderjusticeleague.org
206-538-0423
Focused on elevating civil and human rights for trans and gender diverse people by creating community through advocacy efforts and shared leadership development in Washington State.

GLOVER EMPOWER MENTORING - GEM
strongchildren.org
gempowermentoring@gmail.com
253-277-2726
GEM serves youth and young adults up to the age of 24, with a focus on social justice and social/emotional needs.

GOOD SHEPHERD YOUTH OUTREACH
gsyowa.org
info@gsyowa.org
Brothers Bout Business Mentoring Program helps young men of color thrive with confidence, become empowered critical thinkers, and reach high school graduation.

HORN OF AFRICA
hoas.org
tsegayeg@hoas.org | 206-760-0550
Provides social services, educational assistance, youth programs, and economic empowerment for the East African immigrant and refugee community in Seattle.

LEAGUE OF EDUCATION VOTERS
educationvoters.org
206-728-6448
Working with families, educators and leaders to build a brighter future for every Washington student.

M.U.S.T.
mentoringisamust.org
MUST desires to serve youth who are the most vulnerable for dropping out of high school, connecting positive Black male role models who are in college to mentor Black male youth.

NAACP YOUTH COUNCIL
naacp-youth-coalition.webnode.com
naacpyouthcoalition@gmail.com
Advocating for racial equity and sensitivity policies in the Seattle Public School System with the goal of bringing youth voices into discussions on issues that affect them.

NAMI SEATTLE
namiseattle.org
infor@namiseattle.org | 206-783-9264
Addressing the unmet mental health needs within our community through support, referral, education, and outreach.

NAMI Washington
namiwa.org
office@namiwa.org | 206-783-4288
Seeking to improve the quality of life for all those affected by any kind of mental health condition through a program of education, support, advocacy, and research.

OPEN DOORS FOR MULTICULTURAL FAMILIES
multiculturalfamilies.org
info@multiculturalfamilies.org
253-216-4479
Provides culturally and linguistically relevant information, services, and programming to culturally and linguistically diverse families of persons with developmental and intellectual disabilities.

LOCAL RESOURCES

POWERFUL VOICES
powerfulvoices.org
info@powerfulvoices.org
206-860-1026
Creates brave spaces with girls of color to take charge of their own power as leaders, igniting their abilities to confidently express themselves, build community, and act against injustices affecting their lives.

RIGHT TO BREATHE
righttobreathe.us
righttobreathecommittee@gmail.com
Bi-weekly community forums intended to create healing, provide strategic updates and to capture the thoughts and concerns of Black people.

ROOTS YOUNG ADULT SHELTER
rootsinfo.org
206-632-1635
ROOTS provides safe emergency overnight shelter for young adults ages 18-25.

SAFE FUTURES YOUTH CENTER
sfyc.net
safefutures@sfyc.net | 206-938-9606
Empowers and advocates for under-served young people from low-income communities and communities of color to maximize their potential by providing culturally responsive academic, prevention, and intervention services.

SEATTLE CHILDREN'S ODESSA BROWN CHILDREN'S CLINIC
seattlechildrens.org/contact/odessa-brown/
206-987-7210
An enduring community partner with a dedication to promoting quality pediatric care, family advocacy, health collaboration, mentoring and education in a culturally relevant context.

SEATTLE GIRLS' SCHOOL
sites.google.com/a/sgs-wa.org/sgsprofessionaloutreach/home
rlee@seattlegirlsschool.org
Inspiring and developing courageous leaders who think independently, work collaboratively, learn joyfully, and champion change through various workshops and presentations.

SEATTLE PARKS & RECREATION
anc.apm.activecommunities.com/seattle/activity/search/detail/35444
206-684-5177
Services for middle and high school students supporting remote learning, recreational, enrichment, and mentoring activities, and providing daily breakfast and lunch.

THE ROOT OF OUR YOUTH
therootofus.com/the-root-of-our-youth
info@therootofus.com
206-660-8380
Working to make steps towards racial equity in schools and the society around us, focusing on policy reform and accountability in school districts.

UNITED WAY OF KING COUNTY
uwkc.org/helping-students-graduate/reconnecting-youth
206-461-5078
Reconnecting Youth program is a coordinated, community-wide approach to helping young people complete their education and achieve viable career paths.

URBAN LEAGUE OF METROPOLITAN SEATTLE
urbanleague.org
rjones@urbanleague.org
The Youth Web Design pilot program is an initiative that provides an opportunity for Black youth to learn website design at no cost by connecting with local minority-owned businesses to establish and/or improve web presence.

WASHINGTON COUNSELORS OF COLOR NETWORK
multiculturalCounselors.org
admin@multiculturalcounselors.org
Serving an array of ethnic clients with a diverse group of licensed counselors and therapists who understand the specific needs of people of color and various cultures.

WAESN YOUTH ADVISORY BOARD
waethnicstudies.com/advisory-board
BIPOC students who advise the WAESN (Washington State Ethnic Studies Now) Executive Team on ideas to support ethnic studies and racial justice in Washington Schools.

LOCAL RESOURCES

WASHINGTON THERAPY FUND FOUNDATION

watherapyfund.com
admin@watherapyfund.com
253-951-9990
Provides free therapeutic services for those within the Black community who are in need and suffering from racial trauma, anxiety, depression, and other ailments. The foundation also aims to support the tuition costs of Black clinicians who will serve this community.

WEAPP

theweappstudio.com
info@theweappstudio.com
206-659-9720
We.APP is a public speaking company preparing young scholars, adults and organizations to use their voice to develop powerful and authentic messages.

WEST AFRICAN COMMUNITY COUNCIL

waccofseattle.org/
info@waccofseattle.org
206-636-9882
With programs to support the African immigrant community, including Help Me Grow focused on supporting children's developmental, behavioral, and emotional needs and the Youth Committee Program which offers computer classes, English as a Second Language, training and job referrals and resources.

YOUNG WOMEN EMPOWERED

youngwomenempowered.org
info@y-we.org | 425-242-0187
Cultivates the power of diverse young women to be creative leaders and courageous changemakers through transformative programs within a collaborative community of belonging.

YOUTH SPEAKS SEATTLE

facebook.com/youthspeaks206
Providing opportunities for youth to develop their voice with open mics, writing circles and poetry slams.

ZERO YOUTH DETENTION

zeroyouthdetention.com
zydinfo@kingcounty.gov
King County's strategic plan to not only further reduce the use of secure detention for youth with practical solutions designed to improve community safety, help young people thrive and keep them from entering the juvenile legal system. Supporting strong, unified communities.

NATIONAL RESOURCES

Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

ACTIVE MINDS

https://www.activeminds.org

Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include Send Silence Packing®, Active Minds Speakers, the Healthy Campus Award, and Active Minds @Work

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

www.aacap.org

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

Notice. Talk. Act. at Home: Coping Skills for Parents and Caregivers

Designed to help parents and caregivers trying to navigate heightened levels of stress, this resource will help families better understand common signs of stress, offer ways to manage it, and examples of effective stress relief activities for the whole family.

What do Disruptive Behaviors Indicate?

This resource provides community members with an overview of how schools approach disruptive behaviors, the harmful impacts of zero tolerance policies, and a potential solution for how schools can view disruptive behaviors as a need for support, not discipline.

Diversity & Health Equity Education

View educational resources, including fact sheets, guides and online learning modules, that address the mental health needs of culturally diverse populations.

Working Remotely During COVID-19

workplacementalhealth@psych.org
202-559-3900

We are navigating unchartered waters with COVID-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

Five Myths and Facts About Depression

Depression and anxiety are major concerns when it comes to youth and young adults. This infographic calls out 5 common myths about depression and sets the record straight with facts. It also shares common warning signs of depression and advises employers on how they can effectively address depression in the workplace.

ASHA INTERNATIONAL

https://myasha.org

gayathri@myasha.org
971-340-7190

ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope & wellbeing, one story at a time. Programs include Let's Talk About Mental Health & My Story MY SUPERPOWER Movement.

BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)

https://www.beam.community/

The Black Emotional and Mental Health Collective (BEAM) is made up of therapists, yoga teachers, lawyers, and activists with a mission to break down the barriers to Black healing.

BLACK LIVES MATTER AT SCHOOL

blacklivesmatteratschool.com

National coalition organizing for racial justice in education.

BLACK MENTAL HEALTH ALLIANCE (BMHA)

https://blackmentalhealth.com/

A nonprofit providing training, consultation, support groups, resource referral, public information, and educational resources regarding mental health and mental illness issues.

NATIONAL RESOURCES

CALL TO MIND

calltomindnow.org

@calltomindnow

Call to Mind is American Public Media's (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it's time to end the misconceptions and discrimination associated with mental health conditions.

CREDIBLEMIND & WELL BEING TRUST

https://wellbeingtrust.org/mental-health-resources/

Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it is easy to search and access by topic and type of material, curated mental health resources.

DANA FOUNDATION

dana.org

danainfo@dana.org

Explore the brain with the Dana Foundation's free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE

https://www.dbsalliance.org/brochures/

DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones & caregivers as well as those with depression or bipolar.

HERSH FOUNDATION

http://www.struckbyliving.com/uploads/resources/Adult_SENSE_2020.pdf

http://www.struckbyliving.com/uploads/resources/College_SENSE_2020.pdf

This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

HOPE SQUAD

hopesquad.com **#hopesquads**

support@hopesquad.com

801-342-3447

A peer-to-peer suicide prevention program for grades 4 -12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

HUMANEST CARE

www.humanestcare.com

Humanest Care is an online mental health community that connects people to help each other on their journey. Members of the Humanest community have access to groups, workshops, 1:1 sessions, and self-help tools. Humanest Care provides a complete support system to make life easier. Come with a problem. Leave with a personalized action plan.

THE JED FOUNDATION

JED's POV on Student Mental Health and Well-Being in Fall Campus Reopening

Considerations for college and university campuses as they continue to prepare and work through supporting the mental health and well-being of their communities during the fall reopening.

Seize the Awkward

Seize the Awkward provides young adults with tips on how to sustain a conversation with their peers around mental health.

Love is Louder Action Center and **COVID-19 Resource Guide**

JED's Love is Louder Action Center and COVID-19 Resource Guide provide resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.

NATIONAL RESOURCES

Set to Go
Set to Go provides students, families, and educators resources on how to get emotionally prepared for the transition from high school to college or adulthood.

Press Pause
JED and MTV's Press Pause includes animated PSAs and an online hub with simple mindfulness techniques – like breathing exercises, meditation, perspective checks, music and movement – to deal with common stresses and challenges that can make young adults feel overwhelmed or hopeless.

Ulifeline
Ulifeline is an online resource for college students. Schools can sign up and post campus-specific information on how to access treatment and crisis services.

Equity in Mental Health Framework
The Equity in Mental Health Framework provides academic institutions with a set of recommendations to help strengthen their activities and programs to address the mental health disparities facing students of color in higher education.

And you can find JED Voices and JED Storytellers videos, along with other JED videos, on our YouTube Channel: https://www.youtube.com/c/jedfoundation/playlists

JUVENILE BIPOLAR RESEARCH FOUNDATION
https://www.jbrf.org/families/
Supporting children and families suffering from bipolar or Fear of Harm disorder through research, education, and outreach. Includes general information, educational concerns and diagnostic tools, research news, virtual support groups, parent training and treatment options.

KAISER PERMANENTE THRIVING SCHOOLS
https://thrivingschools.kaiserpermanente.org
Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you'll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

THE LOVELAND FOUNDATION
https://thelovelandfoundation.org/loveland-therapy-fund/
The Loveland Foundation provides financial assistance to Black women and girls seeking mental health services nationwide via its Therapy Fund.

MELANIN & MENTAL HEALTH
https://www.melaninandmentalhealth.com/
Serving the mental health needs of Black and Latinx communities by offering a therapist directory and podcast on mental health issues.

MENTAL WELLNESS COLLECTIVE
https://www.mentalwellnesscollective.com/
An online community focused on helping women of color prioritize their mental health and normalize help seeking. Their goal is to build a safe place for women to express themselves, break the stigma around mental health, raise awareness to issues that are important to the Black community, and provide access to providers.

MENTAL HEALTH FIRST AID
https://www.mentalhealthfirstaid.org
Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Behavioral Health.

MOVEMBER CONVERSATIONS
conversations.movember.com
#Movember
A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can't fix someone else's problems, but a listening ear can make all the difference.

NATIONAL RESOURCES

NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS

www.nami.org **#NotAlone**
Call the NAMI Helpline at 800-950-6264 M-F, 10 am-6pm, ET
Or in a crisis text "NAMI" to 741741 for 24/7, confidential free counseling
The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at nami.org | facebook.com/nami instagram.com/namicommunicate twitter.com/namicommunicate

NAMI Basics OnDemand

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

The OnDemand program is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

NAMI Frontline Wellness

NAMI has developed a suite of no-cost digital resources for frontline professionals, which are available now at www.NAMI.org/FrontlineWellness. These custom-made resources were developed based on the findings from a comprehensive needs assessment and include: techniques to build resilience, access to confidential and professional services, peer support groups, support for family members, how to identify signs of a potential mental health emergency and suicide prevention information. #FirstRespondersFirst

ONE MIND PSYBERGUIDE

https://onemindpsyberguide.org/
info@psyberguide.org
@PsyberGuide
One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

OTSUKA PATIENT SUPPORT

OtsukaPatientSupport.com
1-855-242-7787 (M-F, 8am-8pm ET)
"In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships."
- Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit otsukapatientsupport.com or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

SMI ADVISER

Individuals and Families page:
https://smiadviser.org/individuals-families
SMI Adviser is a technical resource center to raise awareness and promote the use of evidence-based practices in the treatment of serious mental illness. When you go to the website, you have the option of accessing resources by clicking the "Clinician" button or the "Individuals & Families" button.

SUTTER HEALTH

https://www.sutterhealth.org/about/mental-health
24-Hour Crisis Support Call
(800) 273-TALK(8255)
Text Crisis Line
Text MHA to 741741 for support.
Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person's total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.

NATIONAL RESOURCES

THE STEVE FUND
www.stevefund.org
info@stevefund.org
401-249-0044
The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs & strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.

STRONG 365
strong365.org **#URstrong**
@strong365community (Facebook, Instagram) | @strong365 (Twitter)
Enter code "strong" to connect with trained listeners for free, 24/7:
7cups.com/p/strong365/?wla=strong365
info@strong365.org
A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

THERAPY FOR BLACK GIRLS
https://therapyforblackgirls.com/
An online space dedicated to destigmatizing mental health care and helping Black women find their ideal practitioner.

THERAPY FOR BLACK MEN
https://therapyforblackmen.org/
A dedicated space for men and boys of color to educate themselves on mental wellness, connect and control their own narrative on mental health matters.

THE TREVOR PROJECT
www.TheTrevorProject.org
If you or someone you know needs help or support, contact The Trevor Project's TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at TheTrevorProject.org/Help, or by texting 678-678.
The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

THE YOUTH MENTAL HEALTH PROJECT
The Parent Support Network™
ymhproject.org/parent-support-network
#youthmentalhealthproject
parentsupportnetwork@ymhproject.org
773-501-9548
The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

THIS IS MY BRAVE
https://thisismybrave.org
This Is My Brave enables high-school and college-aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

WORK2BEWELL
Work2BeWell.org
The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.

WELL BEINGS

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ONE MIND

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DAUTEN FAMILY FOUNDATION

THE Hersh FOUNDATION

MHSOAC Mental Health Services Oversight & Accountability Commission

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Sutter Health

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PBS NEWS HOUR STUDENT REPORTING LABS

WE

MENTAL HEALTH FIRST AID NATIONAL COUNCIL FOR BEHAVIORAL HEALTH Healthy Minds, Strong Communities.

MHA Mental Health America

CALL TO MIND | AMERICAN PUBLIC MEDIA

People

THE STEVE FUND

JED The Jed Foundation