

WELL BEINGS



Bay Area Mental Health Resource Toolkit



KQED



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](https://www.WellBeings.org) or follow [@WellBeingsOrg](https://www.instagram.com/WellBeingsOrg) on [Instagram](https://www.facebook.com/WellBeingsOrg), [Facebook](https://www.facebook.com/WellBeingsOrg), or [Twitter](https://twitter.com/WellBeingsOrg), and join the conversation with [#WellBeings](https://twitter.com/WellBeingsOrg).

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 San Francisco area. 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 San Francisco region.

A BETTER WAY

abetterwayinc.net

mail@abetterwayinc.net

510-601-0203

Empowering children and families to develop the insights, life skills, and permanent relationships that promote their social, emotional, educational and economic well-being.

A HOME WITHIN

ahomewithin.org

admin@ahomewithin.org

888-898-2249

A network of licensed therapists who each provide free, weekly, one-to-one therapy to a single foster youth "for as long as it takes." For foster youth who often watch people move in and out of their lives, this model creates an anchor of support.

ALAMEDA COUNTY INDEPENDENT LIVING PROGRAM

alamedacountyilp.org

510-677-7696

Helping foster youth meet their basic needs and become self-sufficient adults.

ALAMEDA OFFICE OF EDUCATION

acoe.org/Page/276

510-670-4536

Improving academic achievement, reducing discipline problems, and reducing truancy and dropout rates among foster youth.

AMBASSADORS OF HOPE AND OPPORTUNITY

ahoproject.org | 415-203-0369

Marin County's only nonprofit focused on homeless young people. AHO is leading the way in addressing the growing trend of youth homelessness in Marin County, Greater Bay Area and Sacramento, CA.

BEATS, RHYMES AND LIFE INC

brl-inc.org | info@brl-inc.org

A community-based organization in Oakland dedicated to improving mental health and social outcomes among youth of color, and other marginalized youth by using hip hop as a catalyst for positive change and development.

BEYOND EMANCIPATION

beyondemancipation.org

510-667-7696

Offering a range of services to support current and former foster youth in their transition to living as independent adults.

BILL WILSON CENTER

billwilsoncenter.org

408-243-0222

Providing services to more than 5,000 children, youth, young adults and families in Santa Clara County, plus an additional 30,000 more clients through street outreach and crisis line programs. Programs focus on housing, education, counseling, and advocacy, seeking to ensure that every youth has access to the range of services needed to grow to be healthy and self-sufficient adults.

CA PEER RUN WARM LINE

mentalhealthsf.org/peer-run-warmline

855-845-7415

A non-emergency resource for anyone in California seeking mental and emotional support. Providing 24/7 assistance via phone and web chat on a nondiscriminatory basis to anyone in need.

CALHOPE WARM LINE

calhope.org/pages/current-services.aspx

Live chat: calhopeconnect.org

833-317-HOPE (4673): Available 24/7

The CalHOPE warm line connects callers to other people who have persevered through struggles with stress, anxiety, depression and emotions triggered by the COVID-19 pandemic. Providing culturally sensitive emotional support and guidance to additional resources for all Californians.

CASA OF SAN MATEO COUNTY

casaofsanmateo.org

info@casaofsanmateo.org

650-517-5840

A non-profit organization that recruits volunteers to be the voice of foster youth. CASA's mission is to ensure all abused and neglected children under the protection of the courts have a consistent and caring adult.

LOCAL RESOURCES

COMMUNITY SOLUTIONS

communitysolutions.org

info@communitysolutions.org

877-363-7238

Originally established as a teen drop-in center, they've grown to provide a comprehensive spectrum of prevention, intervention, treatment, and residential services to the communities of Santa Clara and San Benito Counties. Helping children, families, and individuals overcome the challenges posed by mental health issues, substance abuse, trauma, severe family dysfunction, sexual and domestic violence, and human trafficking.

CONTRA COSTA ILSP

cocoilsp.org

925-957-2400

Providing services to youth in foster care between the ages of 16 and 21. The primary focus of Contra Costa County's program is to provide emancipation services and resources with the goal of preparing youth for responsible adulthood and independence.

DECOMPRESS

decompress.care

Decompress is a mental wellbeing site where users can get access to free mental health resources, compiled into 105+ easy-to-understand lessons.

EAST BAY CHILDREN'S LAW OFFICES

ebclo.org

510-496-5200

Protecting and defending the rights of children and youth through holistic, vigorous legal advocacy. Striving to provide a voice for children in and out of the courtroom and to promote positive outcomes for them.

FAMILY PATHS

familypaths.org

info@familypaths.org

510-893-9230

A non-profit organization of mental health professionals and dedicated volunteers that provide a number of mental health and supportive services to low income, multi-stressed individuals and families.

FIRST PLACE FOR YOUTH

firstplaceforyouth.org

info@firstplaceforyouth.org

510-272-0979

A nationally-recognized education and employment program that utilizes housing and case management to help youth develop a sense of permanency and skills for a successful transition to self-sufficiency.

FOSTER AND HOMES YOUTH SERVICES

solanocoe.net/fhys

707-399-4812

Providing homeless youth living within Solano County with the resources needed to achieve their maximum educational potential. Also supporting school districts with the implementation of McKinney-Vento by providing technical training and resources to district staff who support homeless youth.

GREENLIGHT CLINIC

greenlightclinic.org

hello@greenlightclinic.org

415-742-4306

A free mental health clinic in San Francisco. Providing a safe environment where individuals can identify and manage feelings around family, peers, school, financial stress, work, or whatever feelings are being experienced.

HELP ONE CHILD

helponechild.org

888-543-4673

By partnering with local churches and community agencies, Help One Child seeks to strengthen foster, adoptive, and at-risk families by providing access to education, community and tangible resources. Striving to positively impact the long-term health and stability of those they serve by addressing their unique needs.

LOCAL RESOURCES

THE HUB YOUTH CENTER

sccgov.org/sites/ssa/other-services/tay/Pages/tay_hub.aspx

ClientComments@ssa.sccgov.org
408-792-1750

A youth-led community center, dedicated to supporting current and former foster youth ages 15 - 24. Providing a safe, welcoming center where foster youth feel a sense of belonging, empowerment, and are offered a variety of services by their peers and other caring community members.

HUCKLEBERRY

huckleberryyouth.org

info@huckleberryyouth.org
415-621-2929

Supporting under-served youth so that they may develop healthy life choices, maximize their potential, and realize their dreams. Providing San Francisco and Marin youth and their families with a network of services and opportunities by caring peers and adults.

LARKIN STREET YOUTH SERVICES

larkinstreetyouth.org

415-673-0911

Providing housing, outreach, health/wellness, education and employment services to help young people get off the streets for good. All services are tailored to meet young people where they're at.

LEGACY

bayviewmagic.org/portfolio/childrens-system-care

415-920-7700

Assists families in navigating agencies and services such as behavioral health, foster care, juvenile justice and special education. Provides assistance to Transitional Aged Youth (ages 14-21 years) who are or have been involved in one of the systems listed above and can benefit from mentoring and navigation services in their transition into adulthood.

LIFEMOVES

lifemoves.org

650-685-5880

With 26 shelter and service sites from Daly City to San Jose, LifeMoves gives those experiencing homelessness a temporary place to call home while providing intensive, customized case management through shelter programs and community outreach.

RAINBOW COMMUNITY CENTER

rainbowcc.org

rcc@rainbowcc.org | 925-692-0090

Providing LGBTQ youth opportunities to connect and receive supportive services. Services include: mental health, houseless transitional youth program, food pantry, youth programs and more.

RESOURCE CENTER FOR FAMILY-FOCUSED

humanservices.ucdavis.edu/resource-center-family-focused-practice
resourcecenter@ucde.ucdavis.edu
530-757-8643

Resource Center for Family-Focused Practice has worked with human service agencies and communities to sustain and build support for families. With resources for public child welfare agencies, youth service agencies, mental health, education, juvenile courts, education and more.

SACRED HEART COMMUNITY SERVICE

sacredheartcs.org

info@sacredheartcs.org
408-278-2160

A vision for a community united to ensure every child and adult is free from poverty. Sacred Heart provides essential services, including food and clothing, support for family and children, housing and financial assistance and supporting social justice.

SAN FRANCISCO STATE GUARDIAN SCHOLARS PROGRAM

eop.sfsu.edu/gsp

gsp@sfsu.edu | 415-405-0546

A comprehensive program tailored to fit the needs of undergraduate students who are current or former foster youth, engaging them to attain college degrees, stable housing, and career path employment.

LOCAL RESOURCES

SAN MATEO COUNTY - OFFICE OF INDEPENDENT LIVING PROGRAM (ILP)

hsa.smcgov.org/foster-youth-out-home-placements

650-599-5996

Offering support to youth in foster care and extended foster care, ages 14 up to 21, as they encounter life's challenges and work towards becoming self-sufficient, successful adults. The program provides an array of services to youth in In-County and Out-of-County placements.

SENECA FAMILY OF AGENCIES

senecafoa.org

info@senecacenter.org

510-654-4004

Founded in 1985 as a day treatment and residential program out of a deeply held conviction that youth and families do not fail, but rather are failed by public systems unable to meet their complex needs. Seneca has a growing continuum of services that include child welfare, mental health, juvenile justice, and education programs that reach 18,000 youth each year.

SIDE BY SIDE

sidebysideyouth.org

415-457-3200

Operating across the Bay Area, providing young people ages 5-26 and family members with critical services that span behavioral and mental health, early intervention in schools, LGBTQIA+ support, transitional housing for foster youth, and special education.

VACAVILLE SOLANO SERVICES CORPORATION

vssc corp.org

707-447-1988

A mission to break the cycle of homelessness for women, men, families, and transitional age youth in Solano County through collaborative and locally-driven solutions that connect those in need to community resources.

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

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

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 FOUNDATION FOR SUICIDE PREVENTION

afsp.org/get-help

With local chapters in every state, this organization gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

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 uncharted 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

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](#).

NATIONAL RESOURCES

BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)

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 MENTAL HEALTH ALLIANCE (BMHA)

blackmentalhealth.com/

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

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

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 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

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/re-sources/Adult_SENSE_2020.pdf

http://www.struckbyliving.com/uploads/re-sources/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

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.

NATIONAL RESOURCES

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

provide resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.

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.

Uline

Uline 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

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

FindYourWords.org

Find Your Words features information to help everyone learn how to start conversations, connect to helpful tools and online communities, and find support for themselves and the people they care about, including young children and teenagers. There's information on how to build resilience and reduce stress, screening tools to inform further conversations about diagnosis and treatment, and new ways to share inspiring stories, videos, and artwork from the site with others.

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

thelovelandfoundation.org/love-land-therapy-fund/

The Loveland Foundation provides financial assistance to Black women and girls seeking mental health services nationwide via its Therapy Fund.

NATIONAL RESOURCES

MELANIN & MENTAL HEALTH

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

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 AMERICA

MHAnational.org

Mental Health America's work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

MENTAL HEALTH FIRST AID TRAINING

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 Mental Wellbeing.

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.

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](http://TheNationalAllianceonMentalIllness)

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 families 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 recom-

mend the program to others. NAMI

Basics is available both in person and

online through [NAMI Basics OnDemand](http://NAMIBasicsOnDemand).

The [OnDemand program](http://OnDemandprogram) 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.

NATIONAL RESOURCES

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](https://twitter.com/FirstRespondersFirst)

ONE MIND PSYBERGUIDE

onemindpsyberguide.org/
info@psyberguide.org
[@PsyberGuide](https://twitter.com/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 EDT)

"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 otsukapatientssupport.com or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

SMI ADVISER

Individuals and Families page:

smiadviser.org

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

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.

THE STEVE FUND

stevefund.org

info@stevefund.org

401-249-0044

The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, & 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.

NATIONAL RESOURCES

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

therapyforblackgirls.com

An online space dedicated to destigmatizing mental health care and helping Black women find their ideal practitioner.

THERAPY FOR BLACK MEN

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

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](https://youthmentalhealthproject.org)
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

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

Support for the WELL BEINGS YOUTH MENTAL HEALTH PROJECT provided by Otsuka, Kaiser Permanente, Bank of America, Liberty Mutual Insurance, American Psychiatric Association Foundation, One Mind, Movember, National Alliance on Mental Illness, Dana Foundation, Dauten Family Foundation, The Hersh Foundation, Mental Health Services Oversight & Accountability Commission, John & Frances Von Schlegell, Sutter Health, Robina Riccitiello, and Jackson Family Enterprises.

Partners include CALL TO MIND at American Public Media, PBS NewsHour Student Reporting Labs, WE Organization, Forbes, PEOPLE, Mental Health America, National Council for Mental Wellbeing, The Steve Fund, and The Jed Foundation.

SUPPORT FOR THE WELL BEINGS YOUTH MENTAL HEALTH PROJECT PROVIDED BY



PARTNERS

