

# 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](http://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



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**EDUCATION**

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# 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