



Teen

GUIDE

to Mental Health and Wellness

✓ **Blackline**

1-800-604-5841 (24/7)

Open to anyone, but geared toward the Black, Black LGBTQI, Brown, Native, and Muslim community

**Not for crisis support*

✓ **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

✓ **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 violence

✓ **Suicide and Crisis Line**

988 (24/7)

If you or someone you know needs support now, call or text 988 or chat at 988lifeline.org to connect with a trained crisis counselor who can help.

✓ **Teen Line**

Call 800-852-8336 (6 p.m. to 10 p.m. PST)

Text **TEEN** to 839863 (6 p.m. to 9 p.m. PST)

A confidential hotline for teenagers, staffed by trained teens

✓ **The Trevor Project**

Call 1-866-488-7386

Text **TREVOR** to 1-202-304-1200

Chat thetrevorproject.org

Information and support for LGBTQ youth (24/7)

✓ **Trans Lifeline**

1-877-565-8860 (8 a.m. to 2 a.m. everyday)

Staffed by transgender people for transgender people **Not for crisis support*

You don't have to
be alone.

Help is available.



[WWW.SDCOE.NET/MENTALHEALTH](https://www.sdcOE.NET/MENTALHEALTH)

Access

Mental Health Resources to Help Yourself or a Friend



Virtual Wellness Center

A safe space to take a break, rest, and refocus



Seize the Awkward

Be the friend who listens - access resources to learn how to support a friend or get help yourself.



Never a Bother

You are never a burden to others, no problem is too small, and it's important to check in on yourself and your friends. Find suicide prevention & mental health resources here!



Wellness Education Lab

Two free, online modules to learn practical skills to manage stress, support others, and increase mental health literacy (13+)



PERSONALIZED *Mental Health* Supports

SOLUNA APP



Talk to a mental health coach and find tools to de-stress

MENTAL HEALTH SCREENING



Take an [online screening](#) to find out if you have symptoms of a mental health condition

BROTHER BE WELL



A [wellness platform](#) for boys and men of color ages 13+

GRITX APP



Design your own self-care toolkit

MINDSHIFT APP



Strategies to help cope with stress and anxiety

A FRIEND ASKS APP



Help a friend or yourself who may be struggling with suicide

VIRTUAL HOPE BOX APP



Store and view things that give you hope and support