

WELL BEINGS



Southern California Mental Health Resource Toolkit





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 patients, 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/WellBeings), 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 Los Angeles 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 Los Angeles region.

AL WOOTEN JR. YOUTH AND ADULT CULTURAL EDUCATIONAL CENTER

wootencenter.org

(323) 756-7203

Located in South Los Angeles and provides free after-school and low-cost summer programs to help students in grades 3-12 attain grade-level proficiency and promotion, high school graduation, and college and career access and success.

ANGEL'S FLIGHT YOUTH SHELTER

catholiccharitiesla.org/angels-flight-for-runaway-and-homeless-youth

info@CatholicCharitiesLA.org

213-318-5730

A youth shelter for runaway and homeless youth aged 10-17 located near Westlake that is run by Catholic Charities of Los Angeles Inc. Services include shelter, education, substance abuse treatment, and mental health assistance.

ANN DOUGLAS CENTER FOR WOMEN - LOS ANGELES MISSION

losangelesmission.org/anne-douglas-center-for-women

info@lamission.net

213-614-0743

Providing Christian-oriented homeless support services, personal goods and residential treatment for substance use disorders for low-income and homeless women and women with children in the Skid Row area of downtown Los Angeles.

ASIAN PACIFIC COUNSELING AND TREATMENT CENTERS

apctc.org

213-252-2100

Meeting the unique needs of Asian Pacific immigrants and refugees who are in need of mental health services, including youth and adults. All services are provided with cultural sensitivity and bilingual capability. Services are available in Cambodian, Chinese (Cantonese, Mandarin & Taiwanese), Japanese, Korean, Laotian, Filipino (Cebuano, Ilocano & Tagalog), Thai and Vietnamese.

AVALON-CARVER COMMUNITY CENTER

avalon-carver.org

323-232-4391

Providing education services, home improvement services, and substance use disorder services for people who live in Los Angeles County.

BLACK WOMEN FOR WELLNESS

bwwla.org

info@bwwla.com

323-290-5955

Committed to the health and well-being of Black women and girls by building healthy communities through access, health education, awareness, empowerment and advocacy opportunities and activities.

CALIFORNIA BLACK WOMEN'S HEALTH PROJECT

cabwhp.org/sisters-mentally-mobilized-la.html

310-412-1828

Statewide, non-profit organization committed to improving the health of California's 1.2 million Black women and girls through advocacy, education, outreach and policy.

CAL STATE LA CLINIC SERVICES

calstatela.edu/academic/psych/html/clinic.htm

bmatthi@calstatela.edu

323-343-2273

A collaboration of dues-paying members committed to revolutionizing the mental health service system with long-term systemic changes while addressing emerging needs within our community.

CALHOPE

calhope.org

833-317-HOPE (4673)

Offers safe, secure, and culturally sensitive emotional support by phone and chat.

LOCAL RESOURCES

CALIFORNIA BLACK HEALTH NETWORK

cablackhealthnetwork.org

getcovered@cbhn.info

916-333-0613

The only Black-led, statewide organization dedicated to advocating for health equity for all African Americans and Black Immigrants in California.

CALIFORNIA COALITION FOR YOUTH

calyouth.org

800-843-5200

A 24-hour crisis line for youth and families. Professionally trained staff and volunteer counselors respond with crisis intervention counseling and resource referrals to service providers in the caller's local community, including options for free or low-cost resources.

CALIFORNIA INSTITUTE FOR BEHAVIORAL HEALTH SOLUTIONS

cibhs.org

916-556-3480

Providing a variety of resources that address mental health care, including virtual learning, events, toolkits and connections to partners.

COVENANT HOUSE CALIFORNIA

covenanthousecalifornia.org

info@covenanthousecalifornia.org

323-461-3131

Shelter committed to providing food, shelter, clothing, and education to youth experiencing homelessness.

DANIEL'S PLACE

stepup.org/services/programs-for-transition-age-youth | 310-392-5855

Run by Step Up, which provides permanent supportive housing for homeless individuals across LA. Serving youth ages 16-25 experiencing homelessness.

DISABILITY RIGHTS CALIFORNIA

disabilityrightsca.org

800-776-5746

Helping with mental health parity issues by providing counsel and advice, technical assistance to file complaints, and direct representation in select cases raising systemic issues.

DREW CHILD DEVELOPMENT CORPORATION

drewcdc.org

323-249-2950

Dedicated to the education and well-being of at-risk children in Watts-Willowbrook, Compton and South Los Angeles. Delivering an array of services to children and families including early intervention programs for infants and toddlers, child care, family therapy, mental health and child abuse treatment programs.

EACH MIND MATTERS

emmresourcecenter.org

California's Mental Health Movement which encompasses millions of individuals and thousands of organizations working to advance mental health. Initiatives and resources aimed at improving mental health and equality in the community, suicide prevention, and student mental health.

EL CENTRO DEL PUEBLO

ecdpla.org

213-483-6335

Improving the quality of life for children, youth and families through prevention, intervention, and education services in Central, Northeast and South Los Angeles. Services include counseling, drug prevention, social rehabilitation, employment, outreach, education, health services, HIV/AIDS education and prevention services and youth services.

FOOTHILL FAMILY SERVICES

foothillfamily.org

626-993-3000

Providing comprehensive mental health care, early childhood development programs, and social services throughout the Greater Los Angeles region.

GRITX

gritx.org

A guided self-reflection exercise and self-care toolkit for exploring life's challenges and finding solutions that fit you. Developed by the University of California, it is recommended by the California Department of Education for students.

HATHAWAY SYCAMORES

hathaway-sycamores.org

referral@hscfs.org | 844-222-2377

A mental health and welfare agency with locations throughout Southern California. Services include: residential treatment; transitional shelter care; transitional living assistance for young adults at-risk or experiencing homelessness; outpatient and school-based mental health services; wraparound/in-home services; and psychiatric services.

LOCAL RESOURCES

HELPLINE YOUTH COUNSELING

hycinc.org

562-273-0722

A helpline run by one of the largest youth service providers in SE Los Angeles County, with the primary purpose of providing counseling and assistance to at-risk, low income children, youth and their families.

INDIGENOUS CIRCLE OF WELLNESS

icowellness.com

info@icowellness.com

800-843-5200

A group private practice located in SE Los Angeles with tele-therapy statewide services available. Providing quality mental wellness services, grounded in holistic healing through a culturally inclusive approach. Valuing interdependence, family, community, healthy sustainable relationships, inclusion, and social justice.

JOVENES, INC

jovenesinc.org

jovenesinc@jovenesinc.org

323-260-8035

Working with youth to fulfill housing needs as well as healthcare, education, employment and trauma recovery. Focused on serving the East LA community.

KAISER PERMANENTE WATTS COUNSELING AND LEARNING CENTER

community.kp.org/about/program/watts-counseling-and-learning-center

info-watts@kp.org | 323-564-7911

A unique community service of Kaiser Permanente Southern California, providing counseling, outreach, and educational services to the residents of Watts and the surrounding communities.

KOREAN AMERICAN FAMILY SERVICES

kfamla.org

213-389-6755

Empowering underserved Korean American and Asian Pacific Islander families through culturally responsive programs, including clinical counseling to support mental health.

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

dmh.lacounty.gov

800-854-7771

Supporting the wellbeing of Los Angeles County residents and communities, with a range of mental health support services for transition age youth (ages 16 - 24) and family-focused services for children (ages 0 - 15) experiencing mental health challenges. The Help Line is available 24/7 to provide mental health support, resources, and referrals.

LOS ANGELES HOMELESS SERVICE AUTHORITY

lahsa.org/get-help

800-548-6047

A branch of the Los Angeles City government that assists in connecting homeless youth with appropriate help. Provides shelter and encampment referrals.

LOS ANGELES LGBT CENTER

lalgbtcenter.org

323-993-7400

Offers a wide range of services from emergency housing to employment programs to addiction recovery for LGBT and questioning youth through one of their nine locations across Los Angeles. Provides youth with mentoring, a charter high school for LGBTQ youth who don't feel safe or comfortable in traditional schools, scholarships, workshops, social activities and more.

LOS ANGELES MISSION

losangelesmission.org

info@lamission.net | 213-629-1227
Providing a variety of Christian-oriented emergency services including adult education, emergency food, holiday assistance, homeless support services and shelter for homeless men 18 years and older who are in the Central Los Angeles/Skid Row area.

LOCAL RESOURCES

MENTAL HEALTH AMERICA LOS ANGELES

mhala.org/services-and-programs
info@mhala.org | 562-285-1330

Based on the belief that people with mental health needs can and do recover, MHALA's paradigm of recovery includes meeting people where they are, integrating services, focusing on strengths, and respecting clients' choices for their own progress. MHALA's comprehensive services include mental and medical health care, housing, wellness services, employment, educational and financial services, and more.

MINDFUL BEAUTY

mindfulbeautycollaborative.org

A mental health program that trains Black hairstylists to identify signs and symptoms of depression in their clients and refer them to local treatment and support services as appropriate.

MIXTECO INDIGENA COMMUNITY ORGANIZING PROJECT

mixteco.org

Supporting, organizing and empowering the indigenous migrant communities in California's Central Coast. Programs include: increasing access to services, providing literacy and adult education, direct assistance, and promoting indigenous culture through celebrations and festivals.

MY FRIEND'S PLACE

myfriendsplace.org
info@myfriendsplace.org
888-YOUTH-50

Hollywood-based shelter and service provider for homeless youth ages 12-25. Programs include education, parenting, work training, and housing case management.

NAMI CALIFORNIA

namica.org/find-your-local-nami
info@namica.org | 916-567-0163

NAMI California is the leading organization of individuals working with mutual respect to provide help, hope and health for those affected by serious mental illness.

NAMI GREATER LOS ANGELES COUNTY

namiglac.org
info@namiglac.org | 213-386-3615
NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

OPEN COUNSELING

opencounseling.com/public-mental-health-ca
Each county has state mental health resources available, this listing has phone numbers to access each county's resources.

PACIFIC CLINICS

pacificclinics.org/find-support
877-722-2737

Providing centers for Transitional Age Youth (TAY) for ages 16-25 to obtain support and care. Providing immediate help and empowering TAY to take an active role in creating positive lifestyle changes. A supportive and understanding environment to help create steppingstones to independent living and happier, healthier lives. All services are free for those who qualify.

PARENTS OF WATTS

parentsofwatts.org
info@parentsofwatts.org
323-566-7556

Encourages children to stay in school and avoid drugs. Their programs provide emergency food and shelter for the homeless, prepare teenagers for college and the job market, and offer drug counseling, health seminars and parenting classes.

PATHWAYS OF CALIFORNIA

pathwaysofcalifornia.com
714-948-7641

Serves ethnically and culturally diverse low-income children, youth, families, adults, and older adults experiencing a variety of behavioral health needs through a combination of outpatient clinics, schools, home services and other community locations. They address challenges due to substance use, mental health concerns, or a combination of both.

LOCAL RESOURCES

POSITIVE RESULTS CENTER

prc123.org

info@prc123.org | 323-787-9252

The traumas youth experience cause lasting effects for them and our entire community. Positive Results Center provides trauma and healing-informed workshops and peer support for parents, youth groups, schools, businesses and community organizations. Specializing in providing a cultural understanding to violence as it affects African American/Black/Mixed Race and Latino(a)(x) and LGBTQQ people.

SAFE PLACE FOR YOUTH

safeplaceforyouth.org

youthsupport@safeplaceforyouth.org

310-902-2283

Service provider for homeless youth in Venice. Focused on harm-reduction and trauma-informed approach to care. Programs include street outreach, case management, health and wellness, and education and employment programs.

SAVE BLACK BOYS

saveblkboys.com

savebboys@gmail.com

310-654-0445

A safe-haven for youth in Southeast/South Central Los Angeles. Providing 24-hour emergency access to program and support staff to assist in de-escalating gang conflicts, academic assistance, behavior modification and positive behavior support, and a focus on mental health wellness.

SISTERS OF WATTS

sistersofwatts.org

Sistersofwatts@gmail.com

323-833-6919

Equipping Watts residents with the knowledge, skills, and resources that can help foster community unity, strong families, and self-sufficiency. Programs include youth development and food and school backpack giveaways.

SCHOOL ON WHEELS

schoolonwheels.org

contact@schoolonwheels.org

805-641-1678

Volunteers provide free academic tutoring and mentoring to children from kindergarten through twelfth grade living in shelters, motels, vehicles, group foster homes, and the streets of Southern California.

TARZANA TREATMENT CENTERS

tarzanatc.org/services/youth-services

888-777-8565

Youth Service Programs are strength-based and focus on each youth and their family's unique strengths to support healing. Offering residential and outpatient youth substance use disorder treatment and alcohol/drug prevention, education, counseling, case management and recovery support services.

TEEN LINE

teenlineonline.org

800-852-8336

Providing emotional support to youth. Their mission is to provide peer-based education and support before problems become a crisis, using a national hotline, community outreach and online support.

THERAPEUTIC PLAY FOUNDATION

therapeuticplayfoundation.org

hello@therapeuticplayfoundation.org

800-488-3414

Offering family-centered mental health and social supports, ACEs screening, art/play therapy, restorative yoga for trauma, experiential healing opportunities, nature-based excursions, and parenting education/linkages for those caregiving disabled or emotionally/developmentally/cognitively challenged children.

UCLA MINDFUL APP

uclahealth.org/marc/ucla-mindful-app

marcinfo@ucla.edu

310-825-2631

With this easy-to-use app, users can practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center. Scientific research shows mindfulness can help manage stress-related physical conditions, reduce anxiety and depression, cultivate positive emotions, and help improve overall physical health and well-being.

LOCAL RESOURCES

UNITED AMERICAN INDIAN INVOLVEMENT

uaii.org

info@uaii.org | 213-202-3970

Providing quality physical and behavioral health, education and social support services that promote healthy lifestyles and individual responsibility in order to strengthen American Indian/Alaska Native communities. All services will integrate traditions, practices and beliefs, and are culturally sensitive and respectful of American Indian/Alaska Native tribal affiliation.

USC CLINIC SERVICES

dornsife.usc.edu/usc-psc/directions-and-contact-details

213-740-1600

USC runs a low cost clinic where graduate students offer high-quality counseling.

VILLAGE FAMILY SERVICES

thevillagefs.org/for-youth

818-738-7327

Provides a drop-in center for youth aged 16-24 experiencing or at risk of homelessness. The drop in center addresses immediate needs such as meals, showers, and clothing as well as longer-term support for mental health, housing, healthcare, and employment.

WHY WE RISE

Whywerise.la

info@whywerise.la

An ongoing project of the Los Angeles County Department of Mental Health using the power of art, performance and creative expression to break through barriers of mental health stigma, seeking to support the wellbeing of individuals and communities.

WIN APP

oclawin.org/win-app

An easy-to-use app that empowers homeless, abused and resource-insecure youth, families and adults to find services that will help them build an independent life. Users can search for anything, from food pantries and homeless shelters, to free health services, educational resources and more.

YOUTH EMERGING STRONGER

youthemergingstronger.org

info@youthemergingstronger.org

323-240-2253

Provides intervention and housing programs for both homeless minors (age 12-17) and transitional age homeless youth (age 18-24). 90 day minor program including therapy, work training/education, social enrichment, and aftercare.

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 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

<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.

NATIONAL RESOURCES

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.

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 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.

NATIONAL RESOURCES

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.

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 FIND YOUR WORDS

[FindYourWords.org](https://www.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.

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 AMERICA

[MHAnational.org](https://www.mhna.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

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 Mental Wellbeing.

NATIONAL RESOURCES

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 Illness](https://www.nami.org)

(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/nami-communicate

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](https://www.nami.org).

The [OnDemand program](https://www.nami.org) 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](https://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://www.nami.org)

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

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.

NATIONAL RESOURCES

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.

THE STEVE FUND

www.stevelfund.org

info@stevelfund.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.

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.

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.

ABOUT PBS SOCAL AND KCET

PBS SoCal and KCET are both part of the donor-supported community institution, the Public Media Group of Southern California. **PBS SoCal** is the flagship PBS station for diverse people across California and delivers content and experiences that inspire, inform and educate. PBS SoCal offers the full slate of beloved PBS programs including MASTERPIECE, NOVA, PBS NewsHour, FRONTLINE, and a broad library of documentary films with works from Ken Burns; as well as educational content including PBS KIDS programs like DANIEL TIGER'S NEIGHBORHOOD and CURIOUS GEORGE. **KCET** showcases the best of PBS and is a leading source for arts, culture, and news in Southern California. Through innovative storytelling, KCET explores and expresses our dynamic local communities helping residents understand and connect with the region's diverse communities and ideas. For additional information about both KCET and PBS SoCal productions, web-exclusive content, programming schedules and community events, please visit kcet.org and pbssocal.org KCET Originals and PBS programming are available to stream on the FREE PBS App on iOS and Android devices, Roku, Amazon Fire TV, Apple TV, Android TV, Samsung Smart TV, and Chromecast. KCET is also available to watch live on YouTube TV.

ABOUT SOUTHERN CALIFORNIA PUBLIC RADIO (SCPR)

Southern California Public Radio (www.scpr.org) is a member-supported multi-platform public media organization that has garnered more than 500 journalistic honors since 1999. Recognized as a national leader in public service journalism and civic engagement, SCPR's flagship radio station, **89.3 KPCC-FM**, reaches more than 900,000 listeners every week as the most listened-to public radio news service across Southern California. The network's five stations (89.3 KPCC-FM, 89.1 KUOR-FM, 90.3 KVLA-FM, 89.9 FM, and 89.5 KJAI-FM) deliver award-winning local news coverage to the diverse communities of the region, including a robust slate of signature programs from NPR, APM, the BBC and PRI. **LAist** (www.laist.com) is a digital news site committed to in-depth reporting about life in the Los Angeles metropolitan area. Its award-winning work reaches over seven million people per month, and in 2019, the brand grew to include **LAist Studios** (www.laiststudios.com), a dedicated podcast development and production studio. Furthering SCPR's commitment to premium on-demand audio storytelling, podcasts from LAist Studios aim to reflect the ethos of Los Angeles — a forward-looking, minority-majority community built upon unmatched diversity, inclusion, and drive — going beyond geographical borders to connect with listeners around the globe who share the LA state of mind.

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

SUPPORT PROVIDED BY



PARTNERS

