



# TEEN GUIDE to Mental Health and Wellness



## Taking Care of YOU and Your Friends' Mental Health



### **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



### **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**

1-800-273-TALK (8255)



### **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



san diego county office of  
**EDUCATION**  
FUTURE WITHOUT BOUNDARIES™

# 5 WELLNESS Tips for Teens



- 1 Find the calm in the chaos. Connect to your senses through a grounding activity.
- 2 Maintain a daily routine with consistent sleep, nutrition, study patterns, and joyful activities.
- 3 Practice digital well-being by setting boundaries, taking a break when needed, and maintaining a healthy screen/life balance.
- 4 Balance time for yourself while staying connected with others. Reflect on how you are spending your time.
- 5 Treat yourself with the same compassion you would a friend. Practice Being Kinder to Yourself.

## 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

#### STOP, BREATHE & THINK



Build emotional strength to tackle life's ups and downs

#### My3



Define your network and safety plan in time of crisis

#### MINDSHIFT



Strategies to help cope with stress and anxiety