



TRANSITIONAL AGE YOUTH MENTAL HEALTH RESOURCES



CONTRA COSTA 24-HOUR HOTLINES/CRISIS COUNSELING

Suicide and Crisis Hotline

- Call 988
- Connect to trained counselors from over 200 local crisis centers

Mental Health Crisis Services

A3 Miles Hall Community Crisis Hub

Operates 24/7

- Youth under 18: 877-441-1089
- MH Access Line 1-888-678-7277

Contra Costa Crisis Center

- 800-833-2900; Suicide and Crisis Hotline

California Youth Crisis Line (ages 12-24)

- Call or text 800-843-5200 for 24/7 crisis support

Teen Line

- Text "TEEN" to 839863 from 6 pm-9 pm
- Call 800-852-8336 from 6 pm-10pm
- Teens supporting teens

SELF-CARE ACTIVITIES

- Exercise
- Music
- Journaling
- Walking
- Art
- Reading
- Meditation
- Square Breathing
- Spend time with loved ones

"I am not afraid of storms for I am learning how to sail my ship."

- Louisa May Alcott

INTERNET RESOURCES

Love Doesn't Have to Hurt

- Information about the dynamics of abusive relationships and resources for teens

Teen Central

- A help line website for teens, by teens
- Can anonymously submit a story/post regarding anything and receive a therapeutic support response
- Adolescents receive this support from one of TeenCentral's trained online counselors within 24-hours, safely, anonymously, and free of charge

Rainbow Community Center

- Builds community, equity, and well-being among Lesbian, Gay, Bisexual, Transgender, Queer, Questioning and Intersex (LGBTQI+) people and their allies
- Offer virtual groups
- Call 925-692-0090

WHO TO TALK TO?

- Online therapy sites such as BetterHelp or Humanest are great resources, but costly.
- Utilize the services that school counselors offer: free, confidential support
 - Note: in the state of California, all school employees are **mandated reporters**, meaning that they are required to contact authorities if **a patient is a danger to themselves, to others, and/or if they suspect that a known child is being abused**
- **NAMI Staff** who have mental health training or certifications are mandated reporters



NAMI CONTRA COSTA



Contra Costa County

Transitional Age Youth (TAY) Program

- Completely free support group Mondays (online) and Saturdays (in-person)
- Safe, confidential support space for young adults who are living with or have been affected by mental illness.
- Zoom Meetings every Mon from 6 PM-7:30 PM
- Ending the Silence is a free, evidence-based, 50-minute session designed for middle and high school students.
 - Your students will learn about mental health conditions through a brief presentation, short videos, and personal testimony from a young adult who describes their journey to recovery.
- Contact: Leo Li at leo.li@namicontracosta.org

Seneca Family of Agencies Mobile Response Team

- Crisis intervention for children and adolescents who live in Contra Costa County and have Medi-Cal or are uninsured
- Provide in-person crisis support to families in need
- Mon through Fri 7 am - 11 pm and 11 am - 9 pm Sat & Sun.
- Call 877-441-1089

LGBTQ+ RESOURCES

Trevor Project

- Call 866-488-7386 or text "START" to 678678 for 24/7 information and suicide prevention resources for LGBTQ youth

Lesbian, Gay, Bisexual, and Transgender National Hotline

- Call 800-273-8255 from 1 PM – 9 PM for support, information or help finding resources

Victims of Crime Resource Center

- Call or text 800-842-8467 or chat online for information about LGBTQ rights, legal protections, and local resources

"You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle." - Julian Seifter

