



MENTAL HEALTH RESOURCES

Topic	Organization	Contact	Information
Mental Health Education and Resources	TEEN LINE	(800) 852-8336 Teenlineonline.org The line is open every night from 6–10 p.m. PST.	A teen-to-teen hotline and community outreach program with over 10,000 teens contacting TEEN LINE each year by calling, texting or emailing to help adolescents address their problems in a confidential, anonymous, and comfortable manner.
	StopBullying.gov	www.stopbullying.gov	This resource provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.
	NAMI San Diego	namisandiego.org	The National Alliance on Mental Illness (NAMI) in San Diego has a threefold mission to (1) support people and families who have a mental illness by helping them find coping skills for those who experience a daily struggle from their brain disorders, (2) educate the public about and reduce stigma of mental illnesses, and (3) advocate for more resources on mental health services nationwide.
	It Gets Better Project	itgetsbetter.org	The It Gets Better Project is a global non-profit that provides media programming and educational resources “to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.”
	Your Life Your Voice	(800) 448-3000. https://www.yourlifeyourvoice.org/Pages/home.aspx	Run by Boys Town National Hotline (for everyone). Your Life Your Voice offers resources to teens to cope with challenges with family and transitioning to adulthood. Users can call, text, or email for support, or download the app for more.
	Reach Out	au.reachout.com	This website is focused on providing tips and resources for youth to help them get through tough times or help a friend. Youth “who have been there and made it through” can share their personal stories or view those submitted by other youth.



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UC San Diego **Junior**
PSYCH ACADEMY



Autism Resources	The San Diego County Chapter of the Autism Society of America (SDASA)	(858) 715-0678 www.autismsocietysandiego.org	The Autism Society San Diego values dignity, equity, inclusion, and integrity to improve the lives of people affected by autism. By connecting people to resources through education, advocacy, support, information, referrals, and community programming, they are able to empower everyone in the Autism community.
Health Promotion and Advocacy	The Directing Change Program & Film Contest	directingchange.org	Directing Change is a Program and Film contest centered on educating young people about critical health topics and promoting social justice through film. Young people are given the opportunity to create 60-second films about suicide prevention and mental health that are used to support awareness, education, and advocacy efforts on these topics.
Career Info	California CareerZone	www.cacareerzone.org	Teens can take an assessment to find out what kind of occupations may be best for them by exploring different careers and finding what careers they'll love. They are different web-based activities youth can partake in to learn more about their skills and learn about different work conditions they would want.



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