

Youth & Family Mental Health & Wellness RESOURCE DIRECTORY

Caregivers, students, teachers, providers, and community members...

It can be overwhelming to know where to start when a young person is struggling with a mental health challenge. YouthWell works with our community partners to reduce stress for families by simplifying the process of connecting to resources in Santa Barbara County.

Visit [YouthWell.org](https://youthwell.org) to find...

- an **online resource directory** to help youth, **ages 0-25**, and families access appropriate and available mental health and wellness services that can be viewed in English and Spanish. Find local therapists, support groups, treatment programs, crisis resources, and postvention resources for those in recovery.
- **tips** to learn more about mental health disorders, how to choose a program, questions to ask a therapist, insurance terms, screening tools, and more to help you navigate.
- **books**, articles, and videos to help you on your journey. Find videos of past workshops.
- useful **handouts** for youth, caregivers, and teachers that help with managing self-care, improving communication, and recognizing the signs of emotional distress.



CRISIS? SB County Access 888.868.1649 • SAFTY Hotline 888.334.2777 • 911 • Crisis Text Line, Text HOME to 741741

YouthWell

youthwell.org

CALENDAR

View the YouthWell.org Community Calendar to find community **support groups** for parents and youth as well as **educational workshops** and **Youth Mental Health First Aid** trainings.



IT'S OK TO ASK
FOR HELP.

WELLNESS WORKSHOPS

Held monthly for students (10-25) and the adults who care about them.

Join us while we open up conversations about mental health, learn from speakers, create connections, raise awareness, and eliminate stigma. Learn how to practice self-care and manage your mental wellness.

Let's develop and build resilience so that we are all better equipped to cope with stress and challenging situations. Free. Register at YouthWell.org. **Spanish interpretation provided.**

YOU ARE NOT ALONE.

