

# YouthWell

YouthWell works in collaboration on  
**PREVENTION & EARLY INTERVENTION...**

to **eliminate stigma** through education and **provide tools**  
and tips for managing mental wellness and practicing  
self-care in order to build resilience

to simplify access and connect **youth through age 25 and**  
**their families** to mental health resources before the crisis

towards **systemic change** that encourages collaboration so  
that we can fill the gaps and **remove barriers** to services

## COLLABORATION

to create change

YouthWell

### YouthWell Community Collaborative

- 60 partnering agencies in Santa Barbara County convene quarterly including school districts, community-based organizations, providers, healthcare, law enforcement, faith communities, and caregivers.
- **Vision:** Increase youth mental health prevention and early intervention efforts. Work towards systemic change that encourages collaboration so that we can fill the gaps and remove barriers to services for all youth and their families so that they can access the care they need in a timely manner through a warm handoff.
- **Mission:** Prioritize prevention, and early intervention (PEI). Eliminate stigma through education and provide tools and tips for managing mental wellness and practicing self-care in order to build resilience. Simplify access and connect youth through age 25 and their families to mental health resources before the crisis.

### Youth Linkages Network • IN PERSON RETREAT NOV 3 & FEB 23

- Convene monthly to educate 40+ resource navigators, probation officers, local crisis lines, and school counselors so that they are better equipped to support families.
- **Mission:** Build stronger health linkages in order to foster “warm handoffs” and close the loop when referrals are made to ensure youth and caregivers access services. Increase responsible outreach to our marginalized and vulnerable communities. Share referral experiences and learn from each other. Collect anecdotal data to better understand the barriers and challenges to accessing services.



# INTERNSHIP

10th-11th grade high school students in Santa Barbara County  
**apply by Oct 10:** [youthwell.org/yab](https://youthwell.org/yab) **questions:** [yab@youthwell.org](mailto:yab@youthwell.org)

1

## MENTAL HEALTH EDUCATION

Learn about current issues, how to recognize the warning signs of a mental health challenge, and how to connect someone to available community resources. Receive Teen Mental Health First Aid training.

2

## LEADERSHIP & ADVOCACY TRAINING

Participate in team-building exercises that improve communication, build character, and reduce prejudice and stigma around mental health. Strengthen leadership skills by getting experience in program planning, facilitating, public speaking, evaluation, and group decision-making.

3

## COMMUNITY & CAMPUS OUTREACH

Help design and implement campus campaigns for your school that bring awareness to mental health, and educate on the warning signs and resources in the community.

## FAQ

- ◆ 9 month internship [Sept-May].
- ◆ 8-10 hours/month
- ◆ 1 monthly virtual meeting and 1-2 in-person meetings in your community
- ◆ Receive community service hours
- ◆ We are looking for 1-2 students from each public and private school in Santa Barbara County and for diverse representation across ethnicity, gender identity, sexual orientation, & socio-economic status.

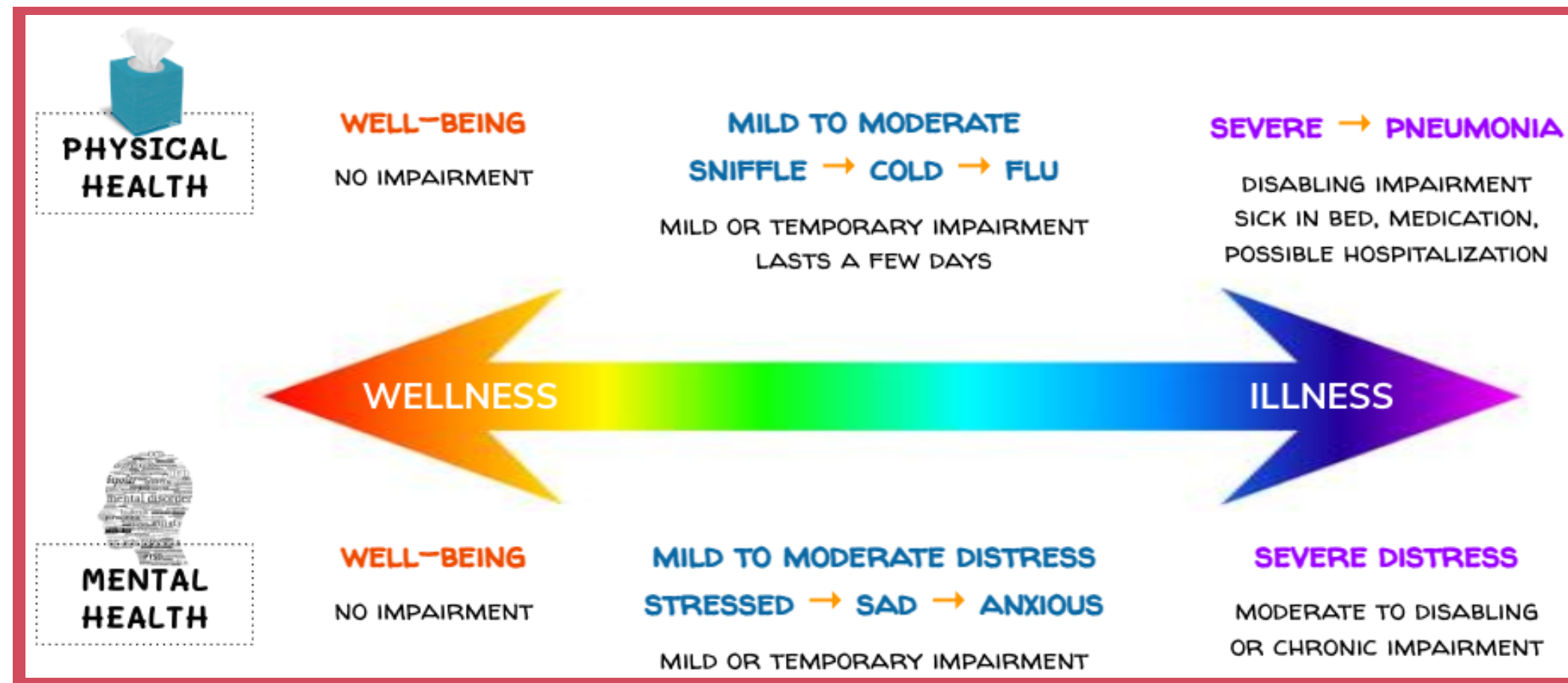


PREVENTION & EARLY  
INTERVENTION



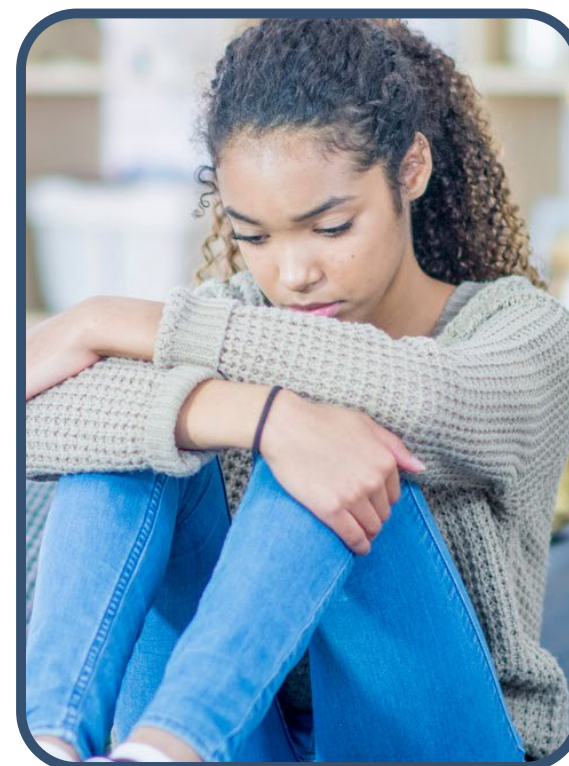
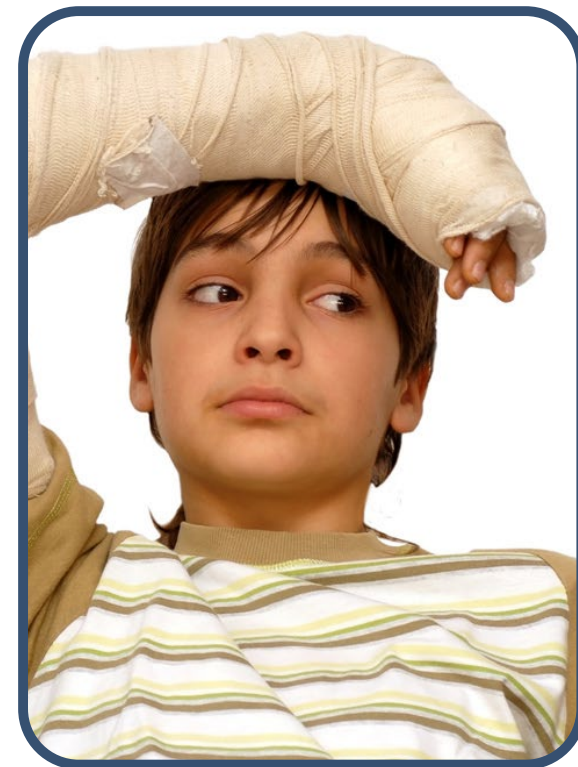
“  
When we get help early  
as a mental health  
challenge is developing,  
we can reduce the  
negative impacts on our  
life and hopefully avoid  
mental health crisis  
situations.”

How does PEI  
make a difference?




We have an opportunity when youth are starting to show concern to intervene BEFORE there is an emergency and connect them with appropriate resources.

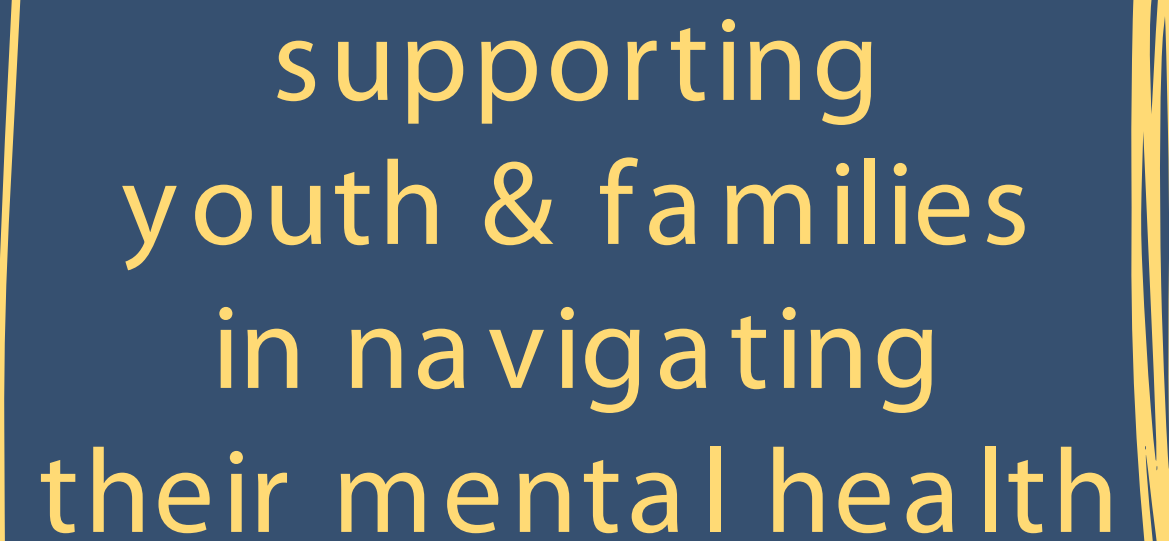

This creates less negative impact on the entire family.



treat **mental health** the same way  
you treat **physical health**



RESOURCES  
IN SANTA BARBARA  
COUNTY



supporting  
youth & families  
in navigating  
their mental health

CONNECT  
youth & families to  
resources & services

YouthWell

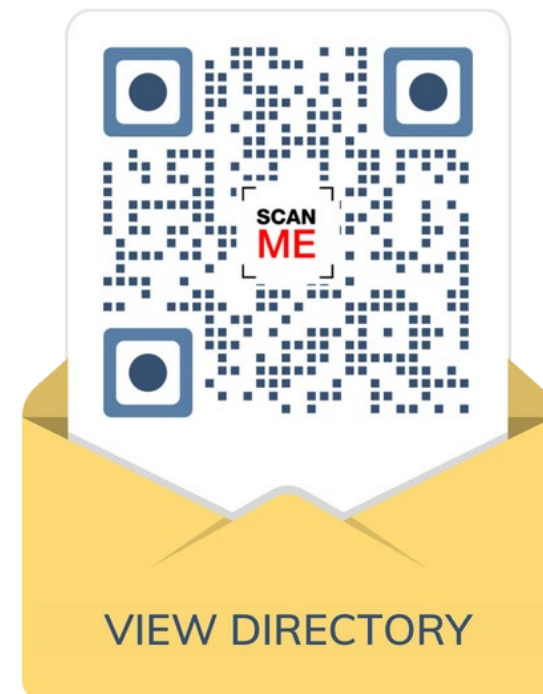
## Youth & Family Mental Health & Wellness RESOURCE DIRECTORY

- services for youth ages 0-25 and families
- 200+ organizations listed for SB County
- view in English & Spanish
- tools for navigating mental health, book list, handouts

YouthWell.org

## COMMUNITY CALENDAR

- Find support groups, events, workshops, and volunteer opportunities.



### HELP SOMEONE YOU ARE CONCERNED ABOUT

**WARNING SIGNS** of a mental health challenge

- Feeling sad for more than 2 weeks
- Extreme difficulty concentrating or staying alert
- Extreme worries that interfere with daily activities
- Decreased interest in activities once enjoyed
- Changes in mood, behavior, sleeping habits, appearance, hygiene, weight loss/gain
- Risk-taking behaviors or excessive substance use
- Decline in academic performance
- Missing classes or work for 3 or more days

**WHAT TO SAY TO THE PERSON STRUGGLING**

One conversation can make a big difference. Offer support and listen without judgment. You are someone they can talk to. Continue to check in with the person.

- Be non-judgmental
- Let them know you care
- Let them know you are there for them
- Let them know you are not alone
- Let them know you are not a professional
- Let them know you are not a doctor
- Let them know you are not a therapist
- Let them know you are not a counselor
- Let them know you are not a social worker
- Let them know you are not a nurse
- Let them know you are not a psychologist
- Let them know you are not a psychiatrist
- Let them know you are not a mental health professional

**ASK FOR HELP OR REPORT A CONCERN**

Students, parents, teachers, coaches... If you are concerned about a student who is a potential danger to self or others or is being bullied, or has been sexually harassed, talk to a teacher, counselor, or principal. Some schools have anonymous online reporting forms.

**CALL A HELPLINE** - The person doesn't need to be in crisis. Helpline use guidelines are below. Talk to the individual or contact your health insurance. If you are worried about a concerning situation, call the helpline. To learn more about reporting and support for your child, visit [youthwell.org](http://youthwell.org).

**CALL 911** in a crisis to request a welfare check. This is a mental health emergency. You may need to contact your own range of services. Talk to someone or seek help at a helpline. Join a support group. Educate yourself about the mental health system. Practice healthy coping strategies to manage your own self-care.

**SB COUNTY RESOURCE DIRECTORY** **YOUTHWELL**

1

### YOU ARE NOT ALONE. ASK FOR HELP.

**TALK TO SOMEONE**

It takes courage to ask for help. Talk to a trusted adult, coach, school counselor, parent, or friend.

Call or text a **HELPLINE** - 988 if you're feeling depressed, suicidal or like you can't go on. Helpline counselors provide support and talk with you when things feel hopeless and they can help you connect to resources.

**SELF CARE**

Practice your wellness which includes: getting sleep, exercising, healthy eating, taking breaks from digital devices and social media.

**COPIED TOOLS**

Go through the self-care tools: listen to music, walk outside, train, journal, breathe, sleep, breathing.

**MENTAL HEALTH RESOURCES FOR YOUTH & FAMILIES ON YOUTHWELL.ORG**

**RESOURCE DIRECTORY & CALENDAR** for Santa Barbara County to help youth, ages 0-25, and families access mental health and wellness services. Find therapists, support groups, treatment programs, helplines, and other care resources for those in recovery. View in English and Spanish.

• Online **TIPS** to help navigate your journey... learn about mental health disorders, questions to ask a therapist, how to choose a program, insurance terms, screening tools, etc.

• **HANDOUTS** with self-care tips, ideas for increasing communication and more.

• Students can find meaningful **VOLUNTEER OPPORTUNITIES** in Santa Barbara County.

**EDUCATE YOURSELF**

**ABOUT MENTAL HEALTH & LEARN NEW SKILLS**

- Join a **SUPPORT GROUP** for students, parents, or teachers to learn new tools, better communication, and get support.
- Free **MENTAL HEALTH FIRST AID** or **QPR** training. Students, teachers, and family members learn to recognize signs of a mental health challenge and help someone who is struggling. Register at [sbhfdfirstaid.org](http://sbhfdfirstaid.org).
- Free, virtual **WELLNESS WORKSHOPS** provide a platform for students, ages 13-25, and the adults who care about them to learn. Speakers share tools for managing your mental health and tips for practicing self-care in order to be better equipped to cope with stress and challenging situations. Spanish interpretation is provided. View past recordings on YouTube channel.

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2

### MENTAL HEALTH PROFESSIONALS

**THERAPIST** - LCSW - LMFT - LPC

- Addresses emotional challenges through a variety of therapeutic interventions. Can help individuals resolve issues with their behavior, thoughts, emotions, and relationships while developing healthy coping skills. Typically weekly for 45-60 minute sessions.

**PSYCHOLOGIST** - PhD - PsyD

- Can conduct structured assessments and testing. Addresses emotional challenges through a variety of therapeutic interventions. Can help individuals resolve issues with their behavior, thoughts, emotions, and relationships while developing healthy coping skills. Typically weekly for 45-60 minute sessions.

**PSYCHIATRIST** - MD - DO

- Diagnose and treat mental illnesses with a focus on physical impacts and medication management. Can prescribe and manage medication. Your visit is usually a 1-hour assessment. Other information may be requested to assist in the diagnosis (school reports, blood tests, etc). Typically 15-30 minute check-in sessions are needed.

**CONSENT & CONFIDENTIALITY**

- With your consent, health information may be shared with other health professionals to assist with treatment.
- The therapist and psychiatrist can work together to create a treatment plan. This can be effective because a therapist who is seeing a patient once a week can share their perspective which gives the psychiatrist a broader view of your child's needs. The psychiatrist can alter the treatment plan to respond to new issues. It can also be helpful to keep your pediatrician informed.
- Youth, ages 12-17, can receive confidential mental health care without a parent's consent. Therapist must break confidentiality & report if a youth is a danger to self, others, or they suspect the youth is being abused.

**COMMON TYPES OF THERAPY**

- CBT (cognitive behavior therapy)** helps change negative thoughts, feelings, and behaviors through talking.
- Psychodynamic therapy** is talking, play, or art-based therapy that considers how past experiences and relationships affect current behavior.
- Family therapy** brings family members together to identify issues, resolve problems and learn new skills for coping and communicating with one another.
- Support groups** help individuals feel more connected, less shame, and provide positive coping strategies to manage stress, grief, stress and challenges.

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3

### COORDINATED CARE

**NEXT STEPS TO SUPPORT THE SUCCESS OF YOUTH AFTER A CRISIS...**

- Notify your school.** Keep them in the loop as they can support your child on campus and help you connect to community resources.
- Notify your pediatrician.** As your child's primary provider, it is good for them to be aware of your child's mental health the same way they are of their physical health.
- It is beneficial to have your school, therapist, and pediatrician working as a team. A parent/patient can **sign a DOI** (release of information) form that authorizes providers to release patient-specific information.
- Call your insurance or MediCal** to find out what resources are covered and available to you. Ask about out of network options.
- Find a therapist** for your child so they have ongoing support to work with someone that can provide them with positive coping tools.
- Consider working with a **resource navigator** or **educational consultant** to determine next steps and the best treatment options for your child.
- Continue to check in with your child.** Validate their feelings as they heal. Recovery is a process and isn't something we can just fix.
- Use the Youth & Family Mental Health & Wellness Resource Directory and Community Calendar on [YouthWell.org](http://YouthWell.org) to find community services and programs in Santa Barbara County.

**PARENTS & CAREGIVERS**

- Join a support group.** Connect with parents who can share tips from their experiences and learn tools for supporting your family and yourself.
- Practice your own self-care.** You may need to process your own emotions of shock, grief, fear, guilt, or anger. Talk to a trusted friend or consider your own individual therapy for support.
- Check in on siblings.** They are often impacted when someone in the family is struggling and may need support.
- Take a **QPR** or **Youth Mental Health First Aid** training.

*It's hard to ask for help when your child is struggling with a mental health challenge. Keeping everyone informed benefits your child, and your family.*

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4

### COMMUNICATION & CONNECTION

active listening shows respect and builds trust...

- Be patient and don't interrupt.
- Remember, it's about the person, not you.
- Use "I" statements to convey what you observe.
- Be aware of your body language & your expressions.
- Don't minimize or trivialize their experience or feelings.
- Notice their body language and emotions behind their words.
- Sometimes listening is enough. It is not your job to fix it.

our words matter...

**NEW CAN I SUPPORT YOU?**

I wanted to check in. I've noticed you don't seem like yourself lately. Are you ok?

You are not alone. I'm here for you.

Let me see if I understand what you're saying.

Fill like your mood isn't how we can resolve this.

Do you want advice or would you rather just listen?

I can see you are feeling frustrated right now.

Can you tell me more?

I see it this way. How do you see it?

I'm not available right now but I want to support you. Can I check back with you later?

It sounds like you're upset. Are you open to feedback?

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5

### LABEL YOUR EMOTIONS

Recognizing our emotions helps us understand ourselves and reduces the influence negative feelings have over us.

**CHOOSE A WORD FOR HOW YOU ARE FEELING...**

• affectionate	• embarrassed	• inadequate	• regretful
• angry	• energetic	• indifferent	• relaxed
• anxious	• envious	• insecure	• relieved
• annoyed	• exasperated	• invisible	• sad
• ashamed	• excited	• irritated	• satisfied
• awkward	• exhausted	• jealous	• scared
• blessed	• explosive	• joyful	• shame
• bored	• frightened	• judgmental	• silly
• confident	• frustrated	• lonely	• skeptical
• confused	• fulfilled	• loved	• sleepy
• content	• grateful	• miserable	• sorry
• curious	• grumpy	• motivated	• thankful
• depleted	• guilty	• nervous	• thoughtful
• depressed	• happy	• optimistic	• unhappy
• devastated	• helpless	• pathetic	• upset
• disappointed	• hopeful	• playful	• vulnerable
• disgusted	• hurt	• peaceful	• withdrawn
• empty	• impatient	• puzzled	• worried

**DAILY JOURNAL CHECK-IN**

- 1-2 Emotions I felt today...
- I am grateful for...
- I practiced self-care by...
- A high and a low from my day...
- People I can talk to when I need support.

Journaling helps reduce stress, creates space to process emotions and can shift our perspective.

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6

### CHARACTERISTICS OF HEALTHY RELATIONSHIPS

**1 KINDNESS**

I deserve a partner or friend who is kind, able to compromise, and shows empathy.

**2 COMMUNICATION**

I deserve someone I can confide in, who listens, makes me feel safe, and validates my feelings.

**3 LOYALTY & TRUST**

I deserve a partner or friend who is reliable, committed, and supports me.

**4 STRONG CHARACTER**

I deserve a partner or friend who shows integrity and brings out the best version of me.

**5 RESPECT**

I deserve someone who treats me as an equal, respects my opinions, my thoughts, my choices, my boundaries, and my body. I have the right to set limits, ask for space, and say no.

**SELF-LOVE CHECKLIST**

- love myself
- be kind to myself
- forgive myself
- ask for support
- practice self-care
- set boundaries
- set goals for myself
- do things that bring me joy
- spend time with people who make me feel good
- take a deep breath when I am feeling overwhelmed

**LEARN TO LOVE YOURSELF FIRST IN ORDER TO IMPROVE THE QUALITY OF YOUR RELATIONSHIPS WITH OTHERS.**

**I AM WORTHY. I AM ENOUGH. I MATTER. I AM NOT ALONE.**

**SB COUNTY RESOURCE DIRECTORY** **YOUTHWELL**

7

### ABC'S OF SELF-CARE

**A** DVENTURE

**B** UBBLE BATH

**C** HUPITS

**D** EGRATE

**E** XHALE

**F** OOD & FUEL

**G** ARDENING

**H** YDRATE

**I** CE CREAM

**J** OURNAL

**K** ITING & NETS

**L** AUGH

**M** USIC

**N** ATURE

**O** RGANIZE

**P** LAY GAMES

**Q** UILT

**R** EAD A BOOK

**S** ELF LOVE

**T** ALKING & THERAPY

**U** NPLUG

**V** OLUNTEER

**W** ACH MOVE

**X** ERCISE

**Y** OGA

**Z** ER

**Positive coping skills** are tools we use to help us feel better when we are having a difficult time. **Self-care** is any activity we do to take care of our **physical, emotional, and mental** health.

- emotional:** spend time with friends and family, set healthy boundaries, ask for what we need from others
- physical:** sleep, exercise, pray, healthy eating, disconnect from screens
- mental:** practice mindfulness and deep breathing, stay in the moment, show compassion for yourself and others

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8

### unplug

Enjoy the benefits of technology and reduce the negative effects by being mindful of how you use your devices and the time you spend on your screens. Take time to notice how you feel when you unplug from your devices.

**benefits of a digital detox...**

- Unplugging from social media helps you focus on your well-being rather than what someone else might be doing.
- Reducing screen time allows you to focus on in-person, real social connections with others without distractions.

**signs that it is time to reduce screen time...**

- You feel depressed, anxious, or angry after spending time on social media. You have a hard time sleeping.
- You are preoccupied with likes, comments, or restore counts on your posts.
- You're afraid you'll miss something if you don't keep checking your device which makes it hard to feel content. [FOMO: fear of missing out]
- You have trouble concentrating and need to keep checking your phone.
- You are isolating and spending less time with others.

**checklist: set limits & create balance...**

- Follow people you care about & who post things that make you feel good.
- Turn off all notifications. Delete apps you don't use.
- Set screen time limits with the feature on your phone.
- Choose 2 times a day to check social media or watch YouTube or TikTok videos. Don't check your phone when you first wake up.
- Put down your phone when you talk to a friend, watch TV, do homework, eat a meal, or go to the bathroom.
- Turn your phone off at least 30 minutes before you go to sleep and use the "do not disturb" feature.
- Drinking... set a time limit. Take breaks to go outside. Don't let it replace the time you spend in person with friends.
- Give someone to detox with and hold each other accountable.

**SB COUNTY RESOURCE DIRECTORY** **YOUTHWELL**

9

HANDOUTS  
for parents & students  
English & Spanish

YouthWell can  
provide rack cards & posters  
[outreach@youthwell.org](mailto:outreach@youthwell.org)

[youthwell.org/materials](http://youthwell.org/materials)



# SUPPORT GROUPS



Our mental health matters. It's ok to ask for help.

ParentConnect weekly drop-in, peer support group for **parents** and **caregivers** of a tween, teen, or young adult struggling with a mental health challenge.

ParentWell 3-week skills-building group for **parents** to learn strategies to help navigate the tween, teen, and young adult years. Focused on strengthening parent-child relationships, and improving communication. New topics each month.

LaunchWell monthly drop-in, peer group for **parents** of young adults who are navigating the college years as well as this time of transition as a parent.

TeachWell monthly peer group for **teachers** to learn strategies for building trusting relationships with their tween/teen students and get support.

Family Repair 3-week skills-building group for parents who have been court-ordered and are facing conflict, whether that be personal, interpersonal or societal. Learn to recognize your parenting strengths, how to manage stress, and how to handle parenting during conflict.

TeenWell 8-week series - DBT group for **high school students** focused on skill building in areas of regulating emotions, tolerating stress, and improving relationships!

YouthConnect weekly drop-in peer support group for **teens** [14-17] and **young adults** [18-25] after treatment to support reintegration into normal life. Connect with others who have experienced similar challenges and get support in the recovery process in a non-judgmental environment.

FREE  
SUPPORT  
GROUPS

for parents, teachers,  
and youth 14-25

YouthWell

Find a schedule, inquire or register at [YouthWell.org/groups](https://YouthWell.org/groups). Email [groups@YouthWell.org](mailto:groups@YouthWell.org)

# WELLNESS WORKSHOPS

For youth, parents, and those working with youth, in order to eliminate stigma and open up conversations.

Empower participants by providing tools that promote connection, wellness, and self-care in order to build resilience so they are better equipped to cope with stress & challenging situations.

Spanish interpretation provided.

YouthWell

**YouthWell**

understanding youth substance use  
2022 · 2021

develop your communication style to increase connection

navigating your mental health and wellness  
2022 · 2020

cultivating resilience and finding flow in sports and in life

strategies to manage anxiety & tools for creating connections

learn to build healthy relationships and understand consent

body positive  
our body image can impact our mental health

volunteering improves mental health  
learn about meaningful opportunities

wellness tips for families  
reboot, restore, replenish

compassionate and mindful listening

The power of movement and breathing and how it can relieve stress

food affects our mental health and how we feel

Wellness Workshops  
YouthWell.org or YouTube channel

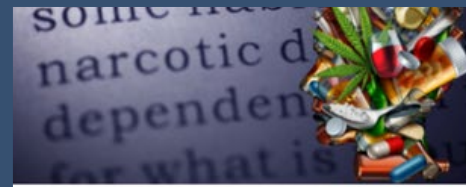
Subscribe to our  
**YouTube Channel**

Teens need tools to talk about what's going on with them, and tools for when their friends reach out to them.

Youth Mental Health First Aid [YMHFA] & QPR training

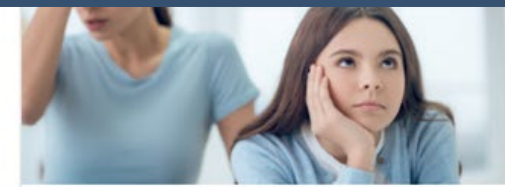
NAVIGATE  
tips for youth & families

ARTICLES • TIPS • BOOK LISTS



Understanding addiction

[VIEW ARTICLE](#)



Parenting: general issues in raising kids

[VIEW ARTICLE](#)

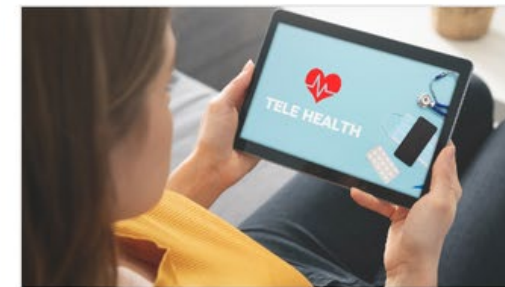


Choosing a treatment program

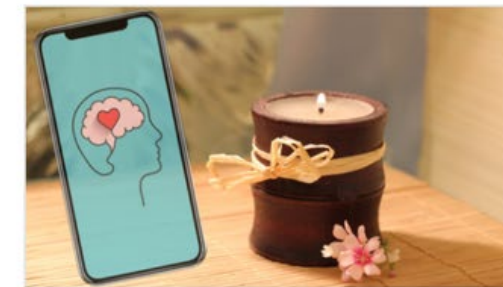
[VIEW ARTICLE](#)



Things to consider when choosing a



Telehealth: Online therapy



Phone apps focused on mental health

View our [blog](#) to find tips for navigating your mental health. Find tools and learn more about mental health disorders, how to choose a program, questions to ask a therapist, insurance terms, screening tools, workshop handouts, etc... YouthWell.org

# VOLUNTEER

opportunities in  
Santa Barbara County



## Volunteer opportunities in Santa Barbara County

### VOLUNTEER OPPORTUNITIES IN SANTA BARBARA COUNTY...

50 orgs listed

**Let's turn our empathy into action by serving the Santa Barbara community.** Volunteer in your own neighborhood... walk someone's dog, visit with an elderly neighbor or offer to do their grocery shopping, tutor kids on your block, provide child care for a parent that could use a break, or go through your closets and donate clothes and toys that you are not using.

**Here are options in Santa Barbara County...** [Fill out form if you would like your org added to this list]

2023 VOLUNTEER OPPS : volunteer-opportunities-2023-2023-04-17

ORG	AGES to volunteer	AREA OF SB	SECTOR	VOLUNTEER OPPORTUNITY OVERVIEW VISIT WEBSITES FOR MORE SPECIFIC INFORMATION	HOW OFTEN	INTERNSHIPS
AHA	16-17	CARPINTERIA, SB/GOLETA, SYV	Mental Health	- participate in your groups depending on the program	weekly	YES, college students <a href="#">ah</a>
Alpha SB - Katie's FUNd	18+	SB/GOLETA	People with Disabilities; Sports & Recreation	Katie's FUNd provides social and recreational activities for teens and young adults through Teen Extreme and EXPO. Teen Extreme is for junior high, high school, and transition students, typically ages 13 to 22 years of age. EXPO is for young adults, typically ages 22 to 35 years of age. The groups typically meet twice Fridays a month for dinner and an evening of fun at Alpha. Activities include crafts, sports, karaoke, holiday parties, movies, dances, and more. Events are incredibly varied and are based on the interests of the group. Some of the most popular activities are bowling, dinners at local restaurants, cooking nights, local concerts, and visits to local museums or attractions. Volunteers will participate and support their peers with disabilities in events, activities, etc. Volunteer opportunities are year-round.	monthly	YES, high school students <a href="#">ht</a> <a href="#">orc</a> <a href="#">se</a>
Amplify Sleep Away Camp	18+	*COUNTYWIDE*	Advocacy & Social Justice; Arts & Culture; Children & Youth; Education	We can use volunteers periodically to help at camp fairs, passing out promotional materials, hanging fliers, etc.  We also love volunteer workshop leaders for either the sleep away camp or our winter teen retreat [in Ojai].	drop-in	NO internships <a href="#">ht</a> <a href="#">ck</a>

**OUTREACH**  
to raise awareness,  
to educate, and to  
eliminate stigma

YouthWell

# Our Mental Health Matters

It's ok to ask for help. You are not alone.

## YOUTHWELL MONTHLY SELF-CARE GIVEAWAY

Interact with YouthWell's social media and be entered to win a prize for two!  
Each month, winners get to pick 1 of the 3 prizes through June 2024.  
It is easy to win and you can participate as often as you want!

**1**  
**LIKE/COMMENT**  
Like and comment on this post

**2**  
**REPOST**  
Repost any YouthWell post to your story. Remember to tag us!

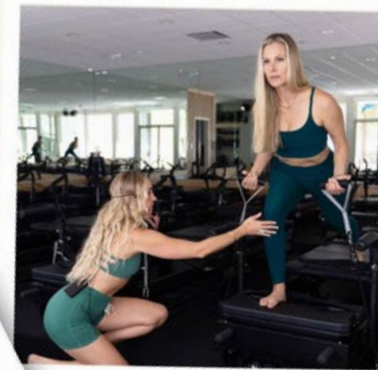
**3**  
**TAG FRIENDS**  
Let's promote wellness! Tag 3 friends & share the message.



THE SHOP KITCHEN



LA DODGERS TICKETS!

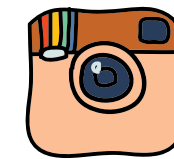


STUDIO X PILATES

**THANK YOU ...**

Birkholm's Bakery • Blenders • Dune Coffee Roasters • Eleven14 • Fit Buddha • Handlebar Coffee • Hook and Press • Lompoc Museum • Metropolitan Theaters • Mission Pilates • Mission St. Ice Cream • Moxi Museum • Olde Oak Meadow • Ostrichland USA • PCPA • Procovry • SB Natural History Museum • SB Sea Center • Santa Ynez Historical Museum • Shop Kitchen • South Side Coffee Co. • Studio X Pilates • Tondi Gelato

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# LET'S MAKE IT EASIER FOR FAMILIES TO NAVIGATE RESOURCES ON AND OFF CAMPUS.

## SCHOOL WEBSITES...

- Create a section that explains ON CAMPUS SUPPORT and another section with COMMUNITY RESOURCES. (Consider having schools link to district website for community resources so this can be kept up to date.)
- Consider using the words... MENTAL HEALTH & WELLNESS RESOURCES (we want students to ask for help before they're in crisis)

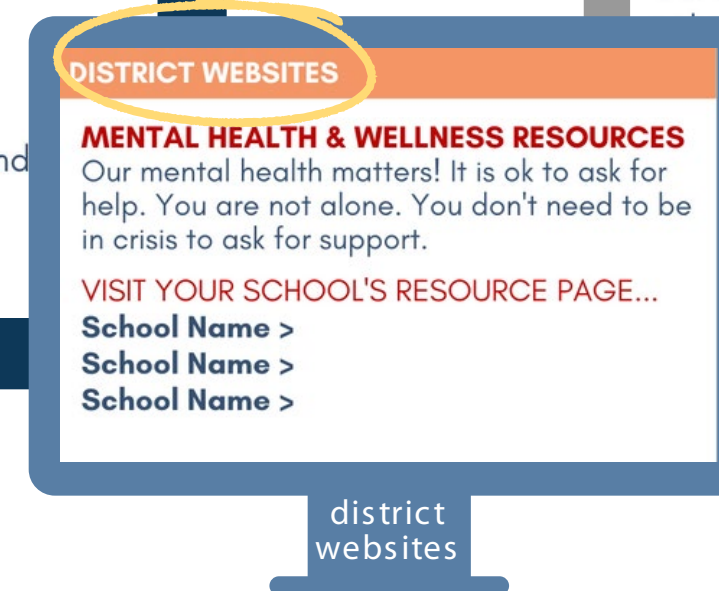
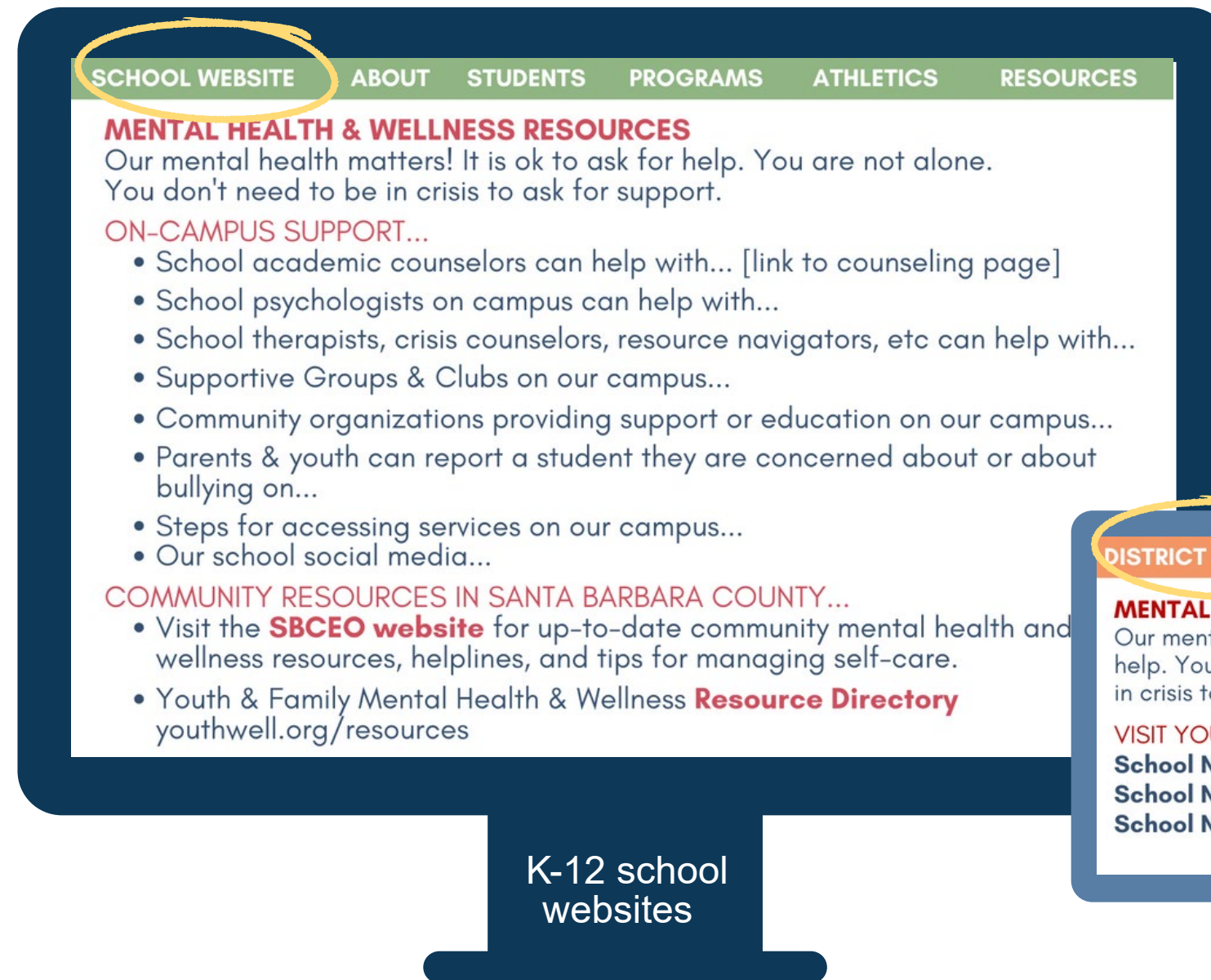
## SCHOOL DISTRICT WEBSITES...

- DISTRICTS could then list their schools on their Mental Health & Wellness Resource page with links to individual school resource pages.

## SBCEO WEBSITE...

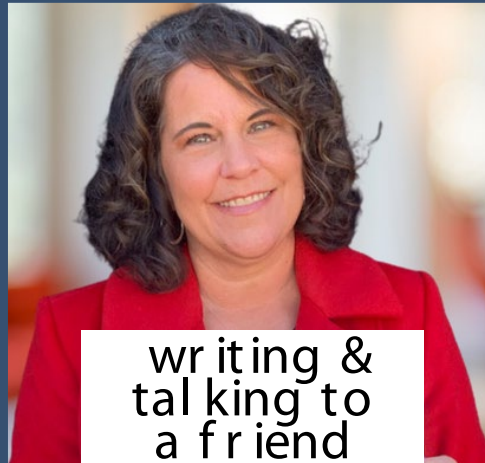
- SBCEO could list community resources, helplines, helpful apps, and links to positive social media so one central place is being updated.
- YouthWell will also continue to keep the online Resource Directory up to date.

school websites



WE PRACTICE  
SELF CARE IN  
SANTA BARBARA  
COUNTY BY...

# OUR MENTAL HEALTH MATTERS





Q&A

