

YouthWell

SERVING SANTA BARBARA COUNTY

Our Mission is built on 4 key pillars: **collaboration**, **early intervention**, **mental health education**, and **advocacy** in order to empower youth, **ages 5-25**, and families in Santa Barbara County to thrive.

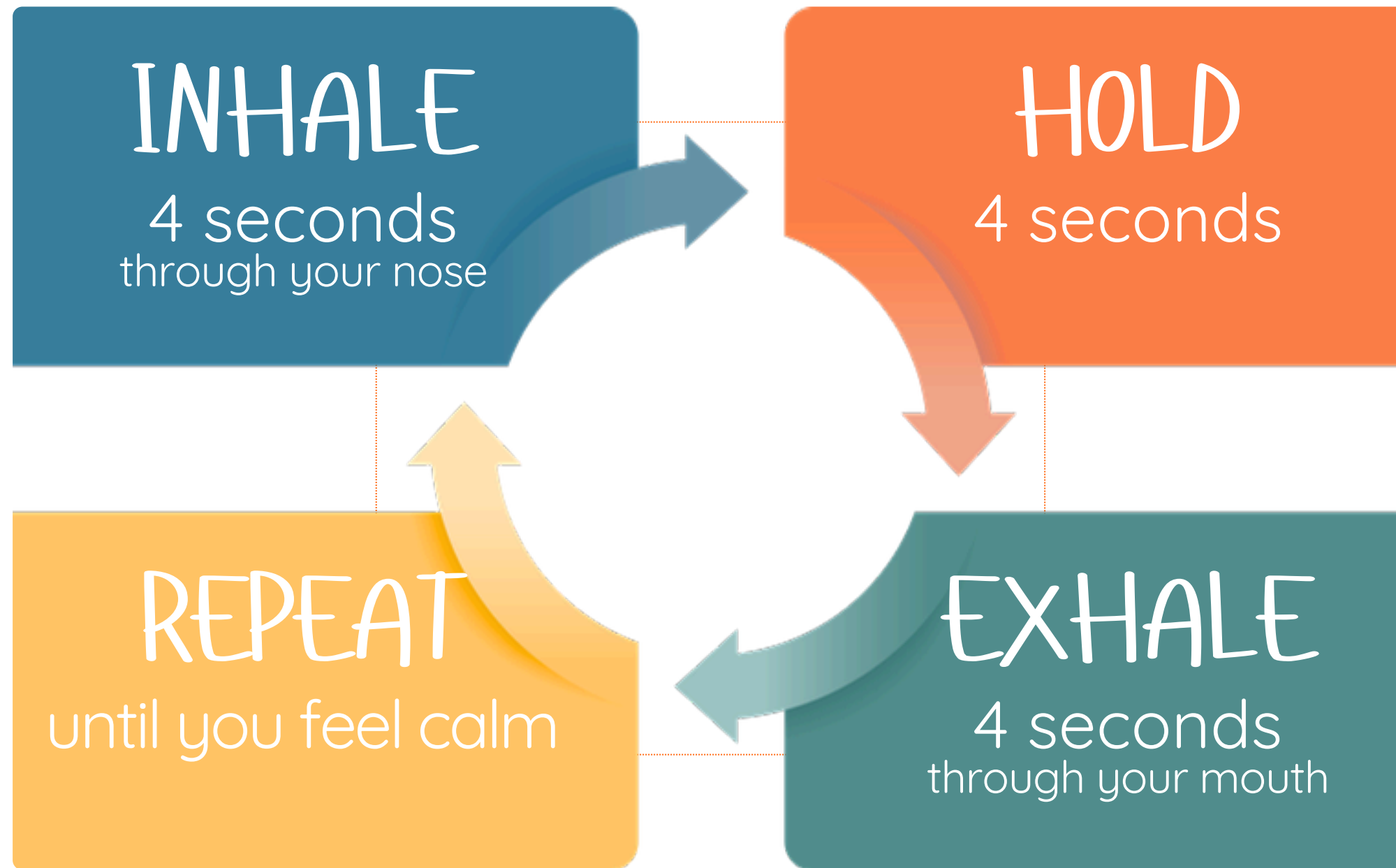
Our Priorities

- **Eliminate Stigma:** Raise awareness and provide tools for families and teachers to help manage mental health, practice self-care, and build resilience.
- **Simplify Access:** Connect youth and families to mental health resources in a timely manner.
- **Respect:** Show empathy, compassion, and care by recognizing that each family is unique.
- **Systemic Change:** Foster collaboration to fill gaps in services and remove barriers to access.



Every story matters. Nobody should have to wait until they are in crisis to get support.

BREATHE



SELF-REGULATE to calm your mind and body, reduce anxiety, and reset your nervous system, so you can pause before reacting.

1. Get comfortable
2. Close your eyes
3. Place your feet on the floor
4. **Take 1 minute to think about what you need to be fully present and engaged today and let the rest go.**



accepted • affectionate
blessed • calm • confident
content • curious • determined
energetic • envious • excited
fulfilled • grateful • happy
hopeful • indifferent • inspired
joyful • loved • loving • motivated
optimistic • playful • peaceful
powerful • relaxed • relieved
satisfied • silly • sleepy • shy
strong • thankful • thoughtful

angry • aggressive • annoyed • anxious
ashamed • awkward • bored • confused
depleted • depressed • disappointed • empty
embarrassed • envious • exhausted
frightened • frustrated • grouchy • guilty
helpless • hopeful • hurt • inadequate
indifferent • insecure • invisible • irritated
jealous • judgmental • lonely • mad
miserable • overwhelmed • sad • regretful
shocked • scared • sick • sorry • scattered
skeptical • stubborn • stupid • unhappy
unsure • upset • worn-out • worried

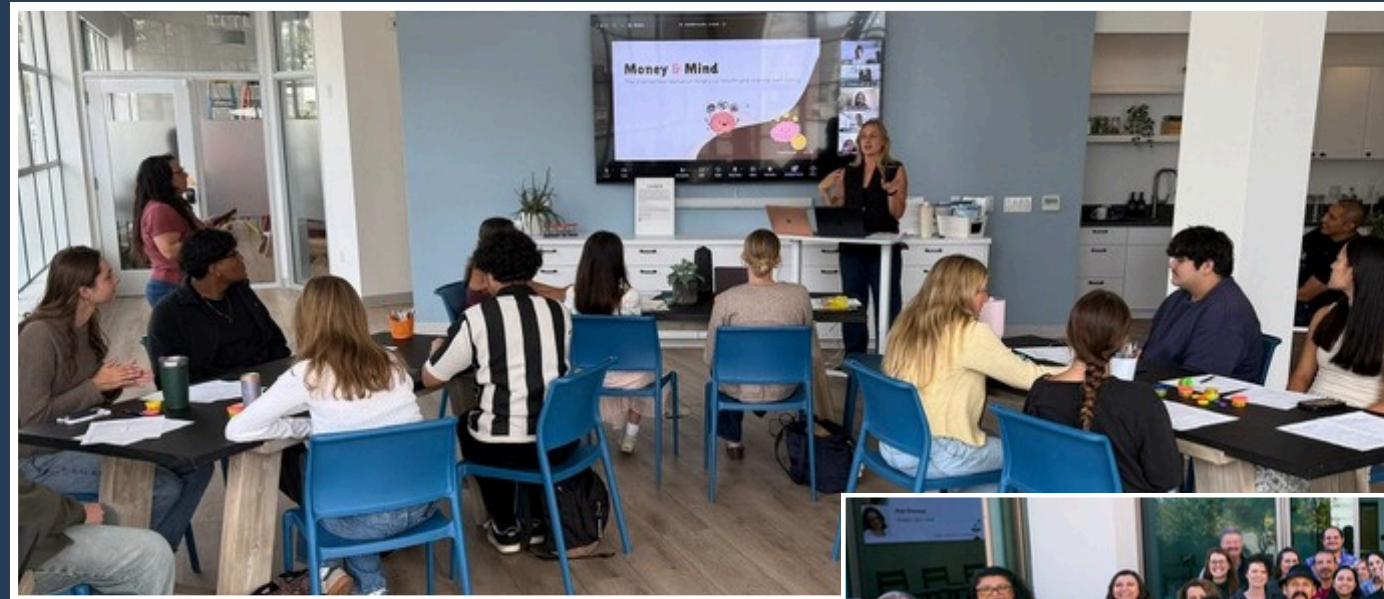


CHECK-IN: NAME • ROLE • AREA • AN EMOTION

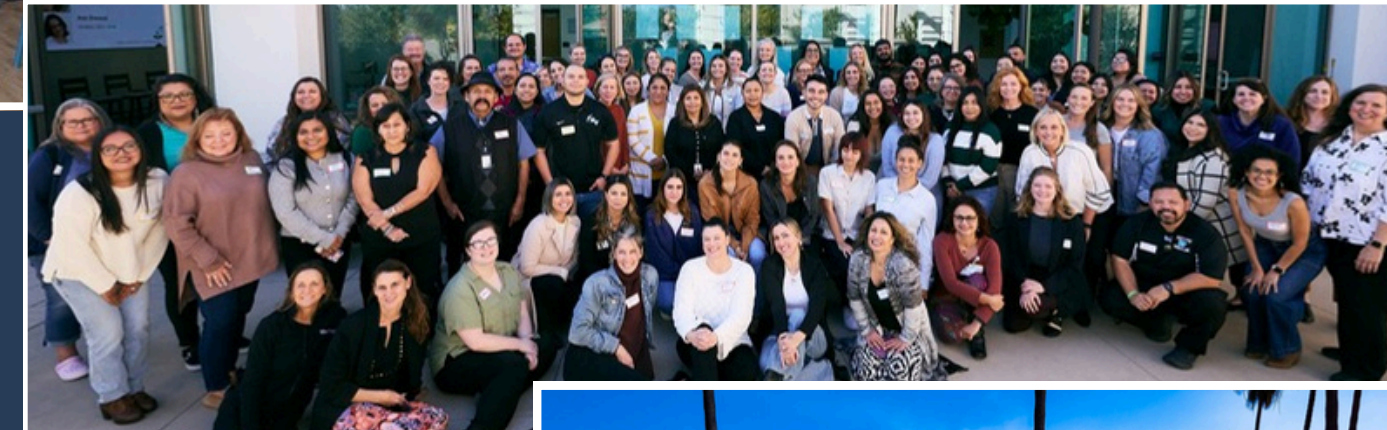
YouthWell Programs

- **Collaboration** work together for change
 - Youth Linkages Network
 - Neurodiverse Network
 - Therapist Network
- **Education:** MHFA, QPR, Bullying prevention, Neurodiverse Series
- **Youth Advocacy Board:** Leadership, Mentor Sessions, Volunteer Workshop
- **Support Groups & Parent Education**
- **Family Care Coordination & Navigation** to help families access services
- **YouthWell Collaborative Center**

YouthWell.org



Listen, learn, & outreach to the community



early intervention, education, advocacy, collaboration • youthwell.org

YOUTH & FAMILY MENTAL HEALTH & WELLNESS

Resource Directory

EnglishEspañol

Selecciona BILINGÜE si estás buscando una organización que ofrezca servicios en español.

Tips for Navigating Resources

Books, Articles, Videos

Materials & Handouts

share feedback

or

submit a resource

View **LIST of CRISIS RESOURCES** or Contact **SAFTY** 888.334.2777 or **CARES** 888.868.1649 or **TEXT CRISIS LINE** 741741

Find youth behavioral health and wellness resources for Santa Barbara County in our directory.

Find listings for «keywords»

Find Listings

Advanced Search

Directory

Manage Listings

Add Listing

Age 4-10 (17)

Ages 11-17 (28)

Ages 18-25 (22)

Parents & Caregivers (25)

Services Bilingual (22)

0-9 A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

hospice

OF SANTA BARBARA, INC.

A Member Hospice Organization

805-563-8820

Website

Categories: *Servicios Bilingües, Age 4-10, Ages 11-17, Ages 18-25, Parents & Caregivers

Our mission is to care for anyone experiencing the impact of serious illness or grieving the death of a loved one. We offer individual GRIEF COUNSELING for adults and children, support groups and care management services, free of charge. Hablamos español. Wait time for an appointment varies so it is best to call for current status.

Levels of Care: treatment & intervention

Parent & Caregiver Resources: support groups, therapy-counseling

Resource & Referral Support: resource or wellness navigator

Fee for Services: FREE services.

Regions: Carpinteria, Santa Barbara-Goleta

Youth & Family Mental Health & Wellness RESOURCE DIRECTORY

- services for **youth ages 5-25** and families
- 200+ organizations listed for SB County
- directory can be viewed in **English & Spanish**
- tools for navigating mental health, insurance, handouts, insurance
- find volunteer opportunities

Community CALENDAR

Parents and youth can find workshops, support groups, trainings, and community volunteer opportunities.

COMMUNITY CALENDAR

Find support groups for parents and youth, workshops, parenting classes, youth classes, volunteer opportunities for youth, and more. Use the filters to choose a category, or to sort by region or age. **ADD AN EVENT** to the calendar. **MANAGE** your events. [View our **RESOURCE DIRECTORY** to find mental health services for youth, ages 0-25, and their parents/caregivers in SB County.]

Search for events

Find Events

Hide Filters

Link

Event Category

Day

Regions

Age

Who should attend

Organizers

Venues

City

Featured Events

< >

Today

May 10 - May 12

Hide Recurring Events

May 2022

May 10 @ 5:30 pm - 7:00 pm

Parenting Together Classes at CADA

VIRTUAL-zoom ONLINE

Weekly group classes (via Zoom during the pandemic) designed to help parents navigate the challenges of raising adolescents. Participants can join a group at any time and will receive support from the class facilitator and other parents facing similar challenges. Will cover a broad range of parenting topics, including the philosophy of nurturing parenting. teens ... Read more

Free

May 10 @ 6:00 pm - 7:00 pm

Teen Talks: Let's Talk About Self-Harm

VIRTUAL-zoom ONLINE

TeenTalks.org is a peer-to-peer online platform with a purpose to empower teens who are suffering from emotional and mental health issues to choose their own recovery. Monthly webinars are offered on a variety of mental health topics where teens take the lead and interview professionals. The next Teen Talk will be a Zoom discussion on ... Read more

May 10 @ 6:00 pm - 7:45 pm

Parent Project Senior

VIRTUAL-zoom ONLINE

Parent Project Senior is for parents of children/teens 11 to 17 years old. This is a 10-week program, which works with both the parent and the teen. All teens of parent participants will be concurrently enrolled in the Joven Noble program which is a comprehensive youth leadership development program that supports and guides youth.

March 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Santa Barbara County English & Spanish

VOLUNTEER DIRECTORY

volunteer opps in Santa Barbara County

NOV 2nd

INCLUSIVE SCHOOLS. THRIVING COMMUNITIES. A CULTURE WHERE EVERY MIND BELONGS.

stronger together for
NEURODIVERSE YOUTH

SAVE THE DATE!

NOVEMBER 2, 2026 • 9AM–3PM • SANTA BARBARA
REGISTRATION IS REQUIRED

For parents, caregivers, providers, and educators (K-12) in
Santa Barbara County to share practical tools and
strategies for supporting neurodiverse youth.
Visit YouthWell.org to learn more about our guest speakers.

IN-PERSON ALL DAY WORKSHOP in Santa Barbara

HOSTED BY YOUTHWELL • SPONSORED BY FUSION ACADEMY

RESOURCE DIRECTORY • COMMUNITY CALENDAR • youthwell.org

CHARACTERISTICS OF HEALTHY RELATIONSHIPS

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

1 KINDNES
I deserve a
able to com

2 COMMUN
I deserve so
who listens
and validat

3 LOYALTY
I deserve s
committed.

4 STRONG
I deserve s
and brings r

5 RESPECT
I deserve s
equal, respect
my opinion
body. I have
ask for spo

SELF-LO
I love myself
be kind to myself
forgive myself
ask for support
practice self-love
set boundaries
set goals for my
Learn to love yo
the quality of yo

CARACTERÍSTICAS DE UNA RELACIÓN SANA

1 BONDAD
Una pareja a un amigo que sea gentil, amable y que muestre empatía.

2 COMUNICACIÓN
Interés en alguien en quien pueda confiar, que me escuche, me haga sentir seguro, y valide mis sentimientos.

3 LEALTAD Y CONFIANZA
Mezclar a alguien que sea confiable, comprometido y que me apoye.

4 CARÁCTER FUERTE
Interés en alguien que comparto mis valores y asique la mejor versión de mí.

5 RESPETO
Interés en alguien que me trate como a un igual, que respete mis límites, mis pensamientos, mis opiniones, mis elecciones y mi cuerpo. Tengo derecho a poner límites a pedir respeto y a decir que no.

Soy digno. Soy suficiente. Soy importante. Soy Enfoque.

LISTA DE CONTROL DEL AMOR PROPIO

- ☐ ¿Puedo manejar con personas que no me respetan?
- ☐ ¿Puedo responder profundamente cuando me siento abrumado?
- ☐ ¿Hoy consigo que me vea digna?
- ☐ ¿Puedo manejar con personas que no me respetan?
- ☐ ¿Puedo responder profundamente cuando me siento abrumado?
- ☐ ¿Hoy consigo que me vea digna?

Aprende a amarte a ti misma primero para mejorar la calidad de tus relaciones con los demás.

DESCARGA DE GRATUITO DEL COMPROMISO <https://www.youtube.com/watch?v=UWtWUWUWUWU>

Nuestro sueño de bienestar personal. Esto bien poder ayudar.

COMMUNICATION & CONNECTION

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

That sounds really difficult. I like you very much.

LABEL YOUR EMOTIONS

Recognizing our emotions helps us understand ourselves and reduces the influence of negative feelings upon our lives.

WHAT WORDS DESCRIBE HOW YOU ARE FEELING?

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

ACTIVE LISTENING

- Be patient and don't interrupt.
- Remember, it's *their* story.
- Use "I" statements.
- Be aware of *your* own feelings.
- Don't minimize.
- Notice body language.
- Sometimes listen with your eyes.

I can see you're frustrated. You're **ACTIVELY** listening.

YOU NOT A LOT OF

I am not available to support you. Check back with me.

daily

JOURNAL

check in:

1. One or two emotions I felt today.
2. I am grateful for...
3. I practiced self-care by...
4. A high and a low from my day.
5. People I can talk to when I need support.

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

[illegible]

YOUTHWELL.ORG RESOURCE DIRECTORY

Online directory of community mental health and wellness services for all youth, ages 5-25, and families in Santa Barbara County. [English & Spanish]



NATIONAL HELPLINES • 24/7

National Suicide & Crisis Lifeline call/text 988	Eating Disorders helpline call or text 800.931.2237
Crisis Text Line text HELLO to 741 741	Runaway Safeline call 800.786.2929
Teen Peer Line • 6pm-9pm call 800.852.8336 text TEEN to 839 863	Human Trafficking Hotline call 888.373.7888
Trevor Project • LGBTQ+ support call 866.488.7386 text START to 678 678	Child Welfare Services child abuse/neglect reporting call 800.367.0166
	CA Peer Warm Line call 855-600-9276

OUR MENTAL HEALTH MATTERS.

YOU ARE NOT ALONE • TALK TO SOMEONE
Talk to a trusted adult, school counselor, parent, or friend. It takes courage to ask for help. Call/text a hotline if you are feeling depressed, suicidal or like you want to hurt yourself. Counselors can help talk you through when things feel hopeless and help you connect to local resources.

Practice daily self-care which includes getting enough sleep, exercise, healthy eating, and taking breaks from digital devices & social media. Do things to relax... listen to music, walk outside, journal, practice deep breathing.

The image shows a stack of three journals. The top journal is '52 WEEK WELLNESS journal' by Vivian, featuring a watercolor illustration of green mountains and a blue sky. The middle journal is 'unplug' by Jen, which includes a checklist for unplugging from technology. The bottom journal is 'hope matters' by Jen, which includes a list of affirmations and a section for 'hope matters'.

COORDINATED CARE

 CHECKLIST OF **NEXT STEPS** TO
THE SUCCESS OF YOUTH AFTER A CRISIS

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

- ☐ **Notify your school.** Keep them in the loop so 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.
- ☐ Consider **signing a ROI** (release of information) form signed by a patient/parent that authorizes providers to release patient-specific information. It can be beneficial to have your school, therapist, and pediatrician working as a team.
- ☐ **Call your insurance or MediCal** to find out what resources are covered and available to you.
- ☐ **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** and validate their feelings so they feel understood. Recovery is a process and isn't something we can just fix.
- ☐ Use the **Mental Health Resource Directory** for youth and families at **YouthWell.org** to find a range of services 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.
- ☐ Take **Mental Health First Aid** or **QPR** training. 

WARNING SIGNS of a mental health challenge

- Feeling very sad or withdrawn for more than 2 weeks
- Extreme difficulty in concentrating or staying still
- Intense worries that get in the way of daily activities
- Drastic changes in mood, behavior, or sleeping habits
- Risk-taking behaviors or excess
- Significant weight loss or weight gain
- Making plans to harm or kill one



YOUTHWELL.org

52 week wellness journal for
adults & teens

we can all make a difference...

 **STEP 1** • create a safe space
Show **empathy** and **compassion**, **listen** non judgmentally.
Treat each person with respect.

 **STEP 2** • take away the shame & blame
Don't make assumptions. Mental illness does not discriminate.
It can affect anyone regardless of age, gender, income,
social status, ethnicity, religion, sexual orientation, or background.

 **STEP 3** • our words matter.
Use safe and inclusive language.
Use your voice to educate others. Correct the incorrect.
“Jane has bipolar.” “John has autism.” “She died by suicide”

 **STEP 4** • close the loop
Ensure families can **access** the resources when you make a referral.
Help them make the call and give them the tools to navigate.

 **EDUCATE OURSELVES** on
mental health disorders,

 **SHARE WHAT YOU ARE
LEARNING** with your
team.

 **PRACTICE SELF-CARE**
You cannot pour from an
empty cup.

Think outside the box in order to meet families where they are at and remove barriers.



2025 YAB Letter to Parents

YouthWell



YouthWell • Youth Advocacy Board •

3 min

Youth Advocacy Board • YAB

High school students throughout Santa Barbara County participate in a 1 year internship where they use their voice to create change and eliminate stigma.

YouthWell.org