Youth Resources
Updated 12/15/20

Hotlines
National Suicide Prevention Lifeline
http://www.suicidepreventionlifeline.org
24 Hour – Local Referrals
1-800-273-TALK (8255)

Didi-Hirsch: Suicide Hotline
1-800-273-8255 or chat at https://suicidepreventionlifeline.org/

The Trevor Project: Saving Young LGBTQ Lives - If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk
Trevor Lifeline – 1-866-488-7386
Trevor Chat - https://www.thetrevorproject.org/get-help-now/
Trevor Text – Text START to 678678

Apps and Tech Services
Mindfulness for Teens: This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided mediation recordings. http://mindfulnessforteens.com/

Beacon 2.0: Beacon is a portal to online applications (websites, mobile applications and internet support groups) for mental disorders reviewed and rated by health experts. https://beacon.anu.edu.au

Strength of Us: An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve goals through peer support and resource sharing. http://strengthofus.org/

Youth friendly mental health online resources
Center for Young Women’s Health and Young Men’s Health: These websites provide a series of guides on emotional health, including on test anxiety, depression, bullying, and eating disorders. www.youngwomenshealth.org and www.youngmenshealthsite.org
Go Ask Alice!: Geared at young adults, this question and answer website contains a large database of questions about a variety of concerns surrounding emotional health. [www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)

Reach Out: This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips on how to relax. [http://au.reachout.com/](http://au.reachout.com/)

PACER’s National Bullying Prevention Center
[https://pacerkidsagainstbullying.org/](https://pacerkidsagainstbullying.org/)

Clinics
The Saban Free Clinic
[http://thesabanfreeclinic.org/](http://thesabanfreeclinic.org/)
General Info: 323-653-8652
Teen Health Hotline: 310-855-4673 or text TEEN to 839863

Venice Family Clinic
Venicefamilyclinic.org
604 Rose Ave, Los Angeles, CA 90291
Call: 310-392-8636

The Wallis Annenberg Children and Family Health Center at Hollywood Wilshire Health Center
Sabancommunityclinic.org
5205 Melrose Avenue, Los Angeles, CA 90038
Call: 323-653-1990

Online Activities
Solitaire: [https://www.solitr.com/](https://www.solitr.com/)
Chess: [https://www.chess.com/play/computer](https://www.chess.com/play/computer)
For reading, videos, and games visit FUNBRAIN: [https://www.funbrain.com/](https://www.funbrain.com/)
National Geographic Games - Games, puzzles, mystery photos, and word searches:
[https://kids.nationalgeographic.com/games/](https://kids.nationalgeographic.com/games/)
Fact Monster® combines reference materials, facts, and trivia quizzes for kids on all subjects:
[factmonster.com](http://factmonster.com)
Bereavement Resources

Maple Counseling Center
(Adults and children services)
9107 Wilshire Blvd., Lower Level, Beverly Hills, CA 90210
(310) 271-9999
tmcc.org

Hospice of the Conejo
(Adults and children services, Spanish speakers)
80 East Hillcrest Dr., Suite 204, Thousand Oaks, CA 91360
(805) 495-2145
hospiceoftheconejo.org

National Hospice and Palliative Care Organization
Help Line (800) 658-8898
Multilingual Line (877) 658-8896
nhpco.org