

## 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 meditation 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 provides a series of guides on emotional health, including on test anxiety, depression, bullying, and eating disorders. [www.youngwomenshealth.org](http://www.youngwomenshealth.org) and [www.youngmenshealthsite.org](http://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/>

**PACER's National Bullying Prevention Center**

<https://pacerkidsagainstbullying.org/>

<https://www.pacer.org/bullying/resources/sites-for-kids-and-teens.asp>

Clinics

**The Saban Free Clinic**

<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/>

**Chess:** <https://www.chess.com/play/computer>

**For reading, videos, and games visit FUNBRAIN:**

<https://www.funbrain.com/>

**National Geographic Games - Games, puzzles, mystery photos, and word searches:**

<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](http://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](http://hospiceoftheconejo.org)

### **National Hospice and Palliative Care Organization**

Help Line (800) 658-8898

Multilingual Line (877) 658-8896

[nhpco.org](http://nhpco.org)