

What is Mental Health?

World Health Organization (WHO), defines mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

Know Mental Health Warning Signs:

- Persistent sadness that lasts two weeks or more.
- Withdrawing from or avoiding social interactions.
- Hurting oneself or talking about hurting oneself.
- Talking about death or suicide.
- Outbursts or extreme irritability.
- Out-of-control behavior that can be harmful.

If you are experiencing any of these symptoms please reach out to a counselor or reach out to any of the services mentioned

NAMI

National Alliance on Mental Illness (NAMI) HelpLine:
1-800-950-NAMI, or text “HELPLINE” to 62640. Both services available between 10 a.m. and 10 p.m. ET, Monday–Friday

- Free Family-to-Family & Peer-to-Peer classes
- Free Support Groups
- Family Support Groups
- Educational Programs

Orange County

(714) 544-8488

<http://www.namioc.org>

San Bernardino County

(909) 654-4134

<https://www.namisb.org/>

Ventura County

(805) 641-2426

<http://www.namiglac.org>

Los Angeles County

(213) 386-3615

<http://www.namiventura.org>

Kern County

(661) 858-3255

<http://www.namikerncounty.org>

MENTAL
health
MATTERS



Mental Health Resources



Teen Mental Health Support in LA County :

iPrevail:

Help is available 24/7

100% FREE to anyone in LA County.

- Live Coaching Sessions- connect you with a Coach who will listen.
- Lessons About Our Minds- Learn about how your mind works with stories and lessons that explain our thoughts, behaviors, and emotions and give us ways to reframe and refocus on things that matter.
- Support Groups: Circle connect next with others who face similar situations and know what you're going through.

LGBTQIA+ Mental Health Support:

The LGBT National Help Center

<https://www.lgbthotline.org>
888-843-4564



LGBT National Help Center

The Trevor Project

A support network for LGBTQ youth providing crisis intervention and suicide prevention, including a 24-hour text line (text "START" to 678678).

- 1-866-488-7386
- <https://www.thetrevorproject.org/get-help/>



Note: In the event of an emergency, 911 should always be the first call.

**National Suicide Prevention Lifeline:
988**



<https://ileadstudentsupport.org/counseling/contact/>