



Ask The Experts: Pt 2 - Addressing The Mental Health Needs of Young People During The Pandemic

Links to Resources Mentioned During the Webcast

Laurie Owens, MS MFT

- <http://kidslikemela.org/>
- <https://www.advancela.org/>
- <https://www.kaleidoscopelgbtq.org/>
- <https://lalgbtcenter.org/>
- <https://www.thetrevorproject.org>
- <https://pflag.org/>

Sheryl Huezo-Meshack, MSW, LCSW

- <https://www.mhanational.org/find-support-groups>
- <https://www.mindheart.co/descargables>
- www.get-hopscotch.com
- <https://www.nami.org/help>
- <https://pbskids.org/>
- [The Playful Therapist Blog \(meehanmentalhealth.com\)](http://The Playful Therapist Blog (meehanmentalhealth.com))
- <https://countertools.org/blog/mental-health-risks-resources-for-bipoc-during-covid-19/>
- <https://borislhensonfoundation.org/>

Christina Ortiz, PsyD

- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- Insight Meditation Timer: <https://insighttimer.com/>
- Calm: <https://www.calm.com/>
- Headspace: <https://www.headspace.com/>
- American Association for Suicidology Virtual Conference on April 21 – 24: <https://www.aasconference.org/>
- "A Kid's Guide to Coronavirus": <https://www.apa.org/pubs/magination/covid-19-help-kids-cope>
- "Unstuck! 10 Things to Do to Stay Safe and Sane During the Pandemic": <https://www.apa.org/pubs/magination/unstuck-ebook.pdf>
- Depression and Bipolar Support Alliance (www.dbsalliance.org)
- National Alliance on Mental Illness (www.namila.org)
- SHARE <http://www.shareselfhelp.org/index.html>

- 12-Step Suicide Anonymous online support group:
<http://www.suicideanonymous.net/>
- National Suicide Prevention Lifeline at 800-273-8255
- For free 24/7, crisis help for LGBTQ youth. Call 866-488-7386. Text START to 678-678. Chat on site at <https://www.thetrevorproject.org/>
- Teen Line at 800-852-8336 or text "TEEN" to 839863.
- Didi Hirsch Suicide Prevention Center trainings: (424) 362-2909 and <https://didihirsch.org/training/suicide-prevention-training/>
- Daylio a Self-Care Journal with Goals, Mood Diary and Tracker
(<https://daylio.net/>)