



WELLNESS ACTION FOR YOUTH

A Resource Guide
Created For Marin
Youth By Marin Youth



FIND
YOUR
WAY



WELLNESS ACTION FOR YOUTH



TO ALL STUDENTS IN MARIN COUNTY

AS TEEN PEER WELLNESS ADVOCATES, we've come together from across the county to talk about what it's like to be a young person in Marin today. Growing up in Marin, we all experience the good things alongside the not so good things. But what do you do when you need extra support? We've developed the Find Your Way campaign and resource guide to encourage all of us to seek helpful, reliable, and accessible resources and connection in our community. Created for Youth by Youth!

Why Find Your Way? We all have our "way" or journey in life. Find Your Way provides a host of supports or resources that may help you on your journey. Whether it's mental health, physical health, basic needs, substance use and recovery, support for LGBTQ+ youth, immigration, or sexual health and safety, we've got it covered. These resources have been vetted by us—your fellow students, neighbors, and friends—and we hope it will make getting the help you need easier.

Picking up this booklet is an important step in finding your way! In it you'll find thoughts on what it's like to grow up in Marin, information about the importance of connection and understanding stigma around getting needed support, some key resources, and testimonials from students that have reached out for help. We also included helpful tips for talking to friends or family who may need some support. The resources in this booklet can apply to you and the people you love and care about.

We hope that this guide will help break down the stigma around help-seeking. Together, we can normalize asking for what we need and getting support.

Welcome to the Find Your Way campaign!

**Marin County Suicide Prevention Collaborative Youth Action Team
Find Your Way Campaign Team**

WHAT DOES IT FEEL LIKE
TO GROW UP IN MARIN
TODAY?



We all have our own feelings, beliefs and perspectives. And that can make a difference when it comes to how we experience the world around us. We asked our peers across the county what it's like to grow up in Marin. Below is what they said. At times it might feel hard to sort it all out, but that's where this guide can help.

TIGHT KNIT / **ELITISM** / **OUTDOORS** / PRESSURE /
CLASS AND RACE DISPARITIES / **INCLUSIVE** /
AVAILABLE SUPPORT AND SERVICES / **TRAFFIC** /
COMPETITIVE / **GREAT HIGHER EDUCATION** /
COMMUNITY / NOT MUCH DIVERSITY / **FEELING**
SAFE AS AN LGBTQ+ PERSON / ADVOCACY FOR
EQUITY / **CALM IN NATURE** / **ACCESS TO GREAT**
TASTING FOOD / CREATIVE COMMUNITY /
BEACHES IN WEST MARIN / **LOTS OF PETS IN**
THE COMMUNITY / **COMPETITIVE** / AFFORDABLE
HOUSE ISSUES / **FRIENDLY PEOPLE** / **LONELY** /
INADEQUATE PUBLIC TRANSPORTATION /
STRESSED IN SCHOOL / LOTS OF RESOURCES /



UPS, DOWNS AND IN-BETWEENS OF MENTAL HEALTH

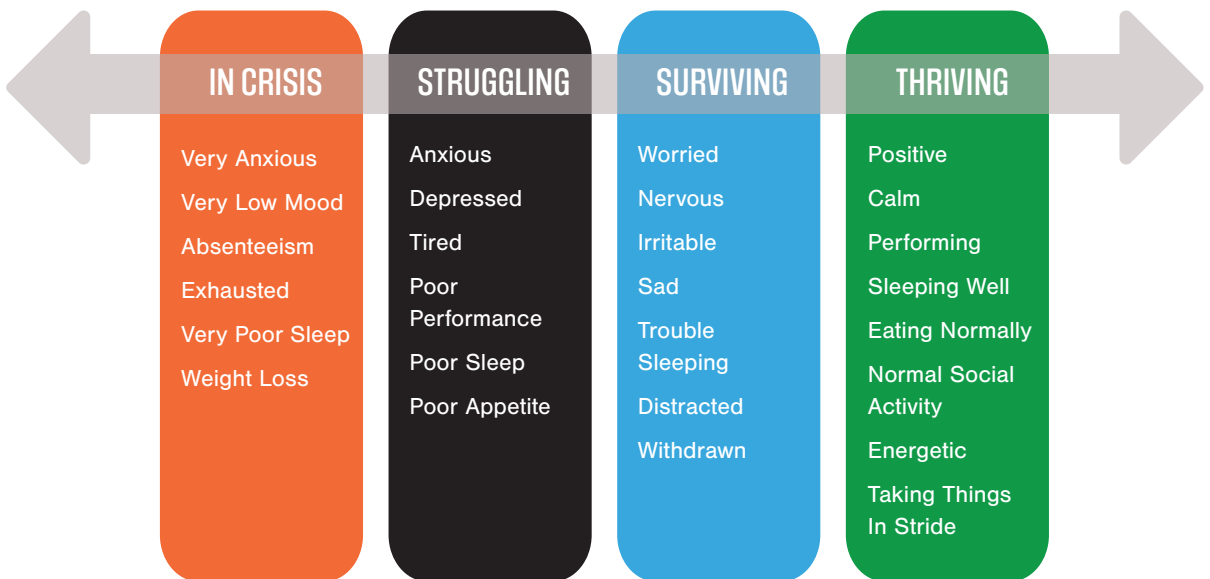
MENTAL HEALTH AND WELL-BEING CAN FEEL DIFFERENT FOR EACH OF US.

That's because both are shaped by the different factors in our lives, such as our biology, behavior, family histories and life experiences. They all make us who we are.

We can look at our mental health as a range of experiences or conditions (like depression, joyfulness, or anxiety) with positive mental health at one end and poor mental health at the other end.

Life has its ups and downs, and navigating through it can be hard.

For more on this topic, visit Take Action for Mental Health (takeaction4mh.com), a California state-wide campaign for mental health and well-being.





ACCEPTING AND ASKING FOR HELP WAS ONE OF THE MOST CHALLENGING YET REWARDING THINGS I'VE EVER DONE FOR MYSELF. GROWING UP I FACED A LOT OF INVALIDATION NOT ONLY FROM OTHERS BUT ALSO FROM MYSELF. THIS MADE ASKING FOR HELP AND ACCEPTING HELP VERY CHALLENGING. ONE OF THE MAIN THINGS THAT REALLY ENCOURAGED ME TO GO THROUGH WITH IT WAS LEARNING THAT THERE IS NOT A CERTAIN AMOUNT OF STRUGGLE YOU NEED TO EXPERIENCE IN ORDER TO BE QUALIFIED FOR HELP REGARDING MENTAL HEALTH, THERE ISN'T ONE SHAPE OR FEELING THAT IT CAN BE CATEGORIZED BY. HEALTH LOOKS DIFFERENT ON EVERYONE AND WE NEED TO RECOGNIZE THAT EVERYONE DESERVES THE OPPORTUNITY TO BE SUPPORTED.

-MIA, 16





IT'S OKAY TO ASK FOR HELP

WHEN WE'RE SICK, HAVE AN ALLERGIC REACTION, OR HAVE A BROKEN LEG, WE ASK FOR HELP AND SUPPORT. But we often treat our mental health differently than our physical health. Stigma, which is the negative and often unfair beliefs we may have about something, is one reason for this. Stigma around mental health can make us feel like we should take care of things on our own or that we're "weak" if we ask for help. Our fear or uncertainty can also be a barrier to getting the support we need to feel better, whether that is talking with a friend or counselor, taking medication, getting good sleep, etc...

MISCONCEPTIONS ABOUT ASKING FOR HELP



WE FEAR THAT WE
WILL BE JUDGED



WE THINK IT
MAKES US WEAK



WE WORRY WE
MIGHT BE A BURDEN

THE REALITY OF ASKING FOR HELP

IT MAKES US
STRONG



IT CAN STRENGTHEN
OUR RELATIONSHIPS



IT CAN LEAD TO
NEW PERSPECTIVES



Asking for help is a sign of strength. When you do ask for help, you can begin to feel better faster. So, how do you know when you should ask for help?

WHAT ARE SOME SIGNS THAT IT'S TIME TO GET SUPPORT?

Feeling sad or hopeless

Feeling consistently anxious, worried, or overwhelmed

Being unable to concentrate on work or school

Having wide changes in moods

Withdrawing from friends and activities

Difficulty coping with daily problems or stress

Consuming more alcohol or drugs than usual

Becoming easily irritable

Undergoing changes in eating or sleeping patterns

Thinking people are out to get you

If these feelings or changes last longer than two weeks or are interfering with your life, getting support can help you get back on track. Read more about how to recognize when you or someone you care about needs help in the resources section of takeaction4mh.com



CONNECTIONS CAN MAKE YOU FEEL BETTER

WHEN WE'RE STRUGGLING, CONNECTING WITH OTHERS IS ONE OF THE BEST WAYS TO TAKE CARE OF OURSELVES. Who do you turn to when you are struggling? It might be a friend, a trusted adult, a teacher, a coach, or someone else who loves and supports you. These people in your life can boost your mental and physical health.

Remember: Seeking help for your mental health and well-being is brave, and most people really do want to help. So, whether you form connections through receiving emotional support, getting or giving advice, spending quality time with friends and family, or just feeling listened to and validated, your connections with others can be exactly what you need to hit the reset button and start to feel like yourself again.





BEING ABLE TO REACH OUT FOR WHATEVER REASON IS COMPLETELY RELEVANT TO YOUR MENTAL, PHYSICAL, AND EMOTIONAL HEALTH. NEVER FEEL THAT YOU SHOULDN'T OR CAN'T REACH OUT. NO MATTER WHAT YOU'RE GOING THROUGH, SOMEONE WANTS TO LISTEN AND WANTS TO HELP. I ENCOURAGE ANYONE TO PUSH PAST ANY FEARS OR WORRIES REGARDING REACHING OUT TO A PARENT, THERAPIST, FRIEND, TEACHER AND SEEK THE HELP THAT YOU DESERVE. SCHOOL THERAPISTS HAVE SERVED AS SUCH AN AMAZING RESOURCE FOR ME. I'VE OVERCOME A LOT OF CHALLENGES AND STRESS BY HAVING WEEKLY VISITS ON CAMPUS.

-NOAH, 16





HOW TO SUPPORT OTHERS

ASK. LISTEN. GET HELP. CHECK-IN.

Talking to friends and family about mental health problems can be an opportunity to provide information, support, and guidance. When we talk openly about mental health, we are not alone with our thoughts and can begin to feel better with connection and help.

ASK

How are you doing today?

I've noticed you've been spending a lot of time alone/not replying to my texts.

How are you feeling?

I can see how this is making you feel. Do you want to talk about it? I'm here for you.

It feels like you haven't been yourself lately. I know you're going through a lot.

Can we talk about it?

What can I do to help you get through this?

If your friend is having a hard time sharing, you can talk about a struggle you've had and say that you are there for them no matter what. Reassure them that it doesn't change how you feel about them.

LISTEN AND VALIDATE

If your friends open up to you, simply listen and be the non-judgmental friend you'd like to have. Try to resist the temptation to interrupt their story or to "fix" the other person. Focus on your friend.

I understand how that would be upsetting.

I'm here to listen and support you.

Sounds like you've experienced this before. What's worked for you?

It's okay to feel the way you do.

It takes a lot of courage to open up. Thanks for sharing that with me.

GET HELP

If you are concerned for yourself or someone you know, trust your instincts and contact a trusted adult or the Suicide & Crisis Lifeline at 988 or the Crisis Text Line by texting MARIN to 741741 and trained counselors will guide you.

Counselors are calm and caring people who will listen to you, understand how your problem is affecting you and provide support.

Whatever you do, do not keep it a secret. Your life and the lives of your friends and family are always worth a phone call or text and every option is preferable to suicide or self harm.

LET YOUR FRIEND KNOW:

This is bigger than you and me. I think we need more help than I can provide.

I'm not going to leave you alone.

I want to be sure you stay safe. Let's call the Lifeline together.

Who would you like to reach out to? (Therapist, coach, parent, teacher, etc.)

The best thing you can do for your friend is to get help so they can begin to feel better. Your friend will appreciate you caring enough to get help.

CHECK-IN

Check in with your friend by text or a note, letting them know you are thinking of them and supporting them.

You're very brave. I'm grateful you're my friend.

I hope you're feeling better. I'm here for you.



RESOURCES

CHECK OUT THE ONLINE RESOURCE GUIDE FOR YOUTH WELL-BEING

Useful resources to help you on your journey to well-being—created for Youth by Youth. Accessible to any youth in Marin to provide support when needed.

Substance Use & Recovery

Mental Health

Physical Health & Safety

Sexual Health

Basic needs

LGBTQ+

Immigration

Academic and Career



CRISIS AND EMOTIONAL SUPPORT HOTLINES/WARMLINES

National Suicide & Crisis Lifeline 988 (Call, Chat) 988lifeline.org/chat/988 (English y Español).

California Youth Crisis Line 1-800-843-5200. Operates 24/7. Statewide emergency response system for youth (ages 12-24) and families in crisis.

Crisis Text Line Text MARIN to 741741. Provides free, text-based support 24/7.

Family Urgent Response System Call, text, chat, and in-person support for children and youth (up to age 21) who have spent time in foster care and for their caregivers. Call/text FURS at 1-833-939-3877. Visit Cal-Furs website for chat.

Teen Crisis Line Teen Crisis Hotline 415-621-2929.

The Trevor Project 1-866-488-7386. 24/7. Supports LGBTQ+ young people in crisis, feeling suicidal or in need of a safe, judgment-free place to talk.

GLBT National Youth Hotline 1-800-246-7743. LGBTQ and questioning community ages 25 and younger. M–F 1pm - 9pm, Saturday 9am–2pm (PST).

Trans Lifeline 877-565-8860. Peer support service run by trans people, for trans and questioning callers.

CA Parent and Youth Help Line A free, confidential call, text or live chat resource for parents and youth seeking emotional support. Call 855-427-2736.

SUICIDE PREVENTION RESOURCES

Know the Signs www.suicideispreventable.org

Directing Change Program and Film Contest encourages youth to learn about suicide prevention and mental health by creating short films that are used to change conversations in schools and communities. Visit: directingchange.org

American Foundation for Suicide Prevention afsp.org

Marin County Suicide Prevention Collaborative Suicide prevention training opportunities and community engagement. Visit: BHRSPreventionandOutreach@marincounty.org or prevention.marinbhhrs.org/

REGIONAL AGENCIES

NORTH

North Marin Community Services

Assistance with food, money, childcare, education, mental health care and Novato Teen Clinic.

northmarincs.org

info@northmarincs.org

415-892-1643

Wilson Ave Center: 680 Wilson Ave, Novato, CA 94947

Novato Blvd. Center: 1907 Novato Blvd, Novato, CA 94947

SOUTH

Marin County Cooperation Team

Free case management, information referrals, transportation assistance, rental and housing assistance, food delivery and meal services, employment assistance, legal services, crisis support, mental health services referrals, essential school items, application assistance for government programs and more.

www.marincountycooperationteam.org

ainashby@marincountycooperationteam.org

628-223-7525

2330 Marinship Way, Suite 210, Sausalito, CA 94965

CENTRAL MARIN

Huckleberry Youth Programs

Services for youth in Marin and San Francisco in mental health resources, academic support, sexual health resources, LGBTQ+ services, mental health counseling including substance use.

hyp@huckleberryyouth.org

www.huckleberryyouth.org/

For teen clinic, call or text 415-919-7665

361 3rd St, San Rafael, CA 94901

WEST MARIN

West Marin Community Services

Offers youth services, food pantry, thrift stores, event supplies, financial assistance, emergency and disaster services, and a program for the Latino community in West Marin.

info@westmarincommunityservices.org

www.marincommunityservices.org

415-663-8361

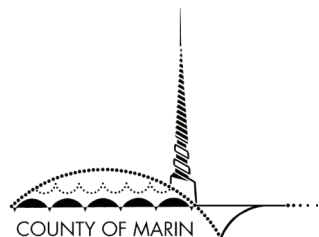
11431 CA-1 #10, Point Reyes Station, CA 94956



WELLNESS • RECOVERY • RESILIENCE



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YOUR
WAY

@FINDYOURWAYMARIN



FIND YOUR WAY CAMPAIGN IN PARTNERSHIP WITH THE MARIN COUNTY SUICIDE PREVENTION COLLABORATIVE, MARIN HEALTH AND HUMAN SERVICES, MARIN COUNTY YOUTH COMMISSION, MARIN COUNTY PROBATION, OD FREE MARIN, MARIN COUNTY OFFICE OF EDUCATION, AND MARIN 9 TO 25.