



## Addressing Mental Health Needs of Young People During the Pandemic

### \*Resources and Links Mentioned in the Webcast\*

#### **Christina Ortiz, PsyD:**

[American Foundation for Suicide Prevention's Risk Factors](#)

Safety Plan Pamphlet

<https://www.thehelpgroup.org/assets/Safety-Plan-Pamphlet.pdf>

National Suicide Prevention Lifeline

1-800-273-8255 24/7

1-877-727-4747 24/7 for Korean

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

Know the Signs

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

LGBTQ

1-866-488-7386 24/7

TheTrevorProject.org

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

310-855-4673 or

Text "TEEN" to 839863

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

#### **Sheryl Huezo-Meshack, MSW, LCSW:**

CDC resources for children and young adults -

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>

<https://www.mindful.org/mindfulness-for-kids/>

<https://childmind.org/article/signs-of-depression-during-coronavirus-crisis/>

<https://childmind.org/article/anxiety-and-coping-with-coronavirus/>

<https://weheartcbt.com/resources>

Animal breathing for kids: <https://fit.sanfordhealth.org/resources/animal-breathing-techniques-video>

#### **Laurie Owens, MS MFT**

<https://mindup.org/>

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