

What's Up Wellness Resources for Teens & Their Families

Dial 211: for information on all local referrals. Dial211.com or just dial "211."

If you are in immediate crisis, CALL 911 or the Nevada County Behavioral Health CRISIS LINE: 265-5811

Please check with each resource for more information.

Hotlines:

- National Suicide Prevention Lifeline: 800-273-TALK (8255)/ EN ESPAÑOL OPRIMA EL 2 www.suicidepreventionlifeline.org Crisis Text Line: 741741 www.crisistextline.org
- Trevor Project Crisis Line – LGBTQ Youth: 1-866-4-U-TREVOR (488-7386) www.theTrevorProject.org
- Trans Lifeline 1-877-565-8860 Peer support hotline for trans and questioning persons. For the Family Support hotline call the main line and ask for the "Friends and Family Line." www.translifeline.org
- CA Youth Teen Line: CALL 310-855-4673/Text TEEN to 839863
- National Runaway Hotline: Call 1-800-786-2929 or TEXT 66008. www.1800runaway.org
- Suicide Prevention Resources: www.jasonfoundation.com and www.suicideispreventable.org
- Nevada County Suicide Prevention: <https://www.mynevadacounty.com/2918/Suicide-Prevention>
- SAMHSA's Disaster Distress Line: Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor

General Support:

- Nevada County Resources including COVID-19: Dial 211/<https://211connectingpoint.org/>
- www.letstalknevadacounty.org

Health Insurance/Health care information

- Covered California www.coveredca.com 1-800-300-1506
- To apply for public assistance benefits including Medical call 530-265-1340 or go to www.c4yourself.com
- Department of Health Care Services Medi Nurse line for info and advice on Covid 19 related symptoms and care 1-877-409-9052
- Health Care Options, CA Department of Health Care Services local Enrollment Specialists Monica 530-265-1798 or Charlotte 530-265-1649. Help with signing up and managing Medical and Medical managed plans including dental, vision and transportation to/from appointments.

Sexual Assault, Abuse, Date Rape, Domestic Violence:

If you or someone you know has been sexually assaulted, sexually abused, survived bullying, a victim of date rape or given a "date rape" drug call Community Beyond Violence (CBV) at 530-272-3467 or text the crisis text line 530-290-6555 www.cbv.org. Free counseling/therapy to teens who have survived DV/SA limited in person services. High school based Green Dot empowerment/anti-bullying clubs and NU based peer-to-peer leadership programs.

Homeless Youth Support: For info contact Melissa Parrett @530-478-6400, ext 2021

Self Harm Supports: <http://www.winderswise.com/tmhfa.html>

SAFE Program (Bright Futures for Youth, NEO & Friendship Club) Resources for Youth Experiencing Homelessness ages 16-25 including academic, social and emotional support and life skills training. Help with medical benefits, food vouchers, community resources, and more. <https://bffyouth.org/safe/>
Contact Aurora Packard 530-265-4311x 208 or AuroraP@friendshipclub.org.

Young Parents Program: Free case management for teens of any gender who are parenting or expecting a baby, 19 and under, and live in Nevada County. YPP provides one-on-one support in health and health care, education and work, relationships, family planning, child care, parenting, drug and alcohol treatment, and housing. Jolene Hardin, Young Parents Program Case Manager 530.272.2635 x338 or C 530.615.0308

Family Planning Clinics:

- Women's Health Specialists, The Clinic! 1-800-714-8151, 984 Plaza Dr Grass Valley, CA 95945. Open Monday & Wednesday 11-4. Call to make an appointment.
- Western Sierra Medical Clinic- Teen Clinic 530-274-9762, 844 Old Tunnel Road Grass Valley, 8:15 to 5pm walk ins welcome <https://wsmcmed.org/services/medical/teen-clinic>,

Drug or Alcohol Use Help:

- Granite Wellness Centers Drug and Alcohol treatment services (Formerly CORR): Call 1-855-Hope-4-You (1-855-467-3496) www.granitewellness.org
- Common Goals Substance Abuse Counseling services at 530-274-2000, www.commongoalsinc.org
- Your school may offer on campus substance abuse help groups through STARS: 530-274-4431, X 2034
- Harm Reduction program offering Narcan (Naloxone) and Fentanyl test strips available to ages 16 and up at Nevada County Public Health by appointment only call 530- 388-6364.

Mentoring Program

- Big Brothers Big Sisters of Northern Sierra: Mentoring program for children between the ages of 6-18. Ph 530-265-2059. www.bbbsns.org
- Bright Futures For Youth: Friendship Club-NEO-SAFE: Year round program providing social-emotional & academic development & mentoring for girls grades 6-12. Call 530-265-4311. <https://bffyouth.org>. After school programs meeting in person as per covid guidelines.
- Crow's Calling: Rob Steffke, LMFT. Therapy & traditional therapeutic mentoring programs within the context of nature & the community. 805-459-8742. www.crowscalling.org

NEO Youth Center

Offers in person and virtual events & classes for up to age 25 Check website for details some offerings require advanced sign ups <https://bffyouth.org/neo/>

NEO High School Drop in Homework Help Thursdays 4-6pm starting 9/30/21-12/16/21 (no meetings 10/21, 11/11 & 11/25 2021) Tutors available to help with homework and snacks provided. Ph 530-265-4311. Masks required indoors.

Nevada County Library

Teen programming on a variety of topics. For virtual and in person offerings visit the website to view calendar <https://www.mynevadacounty.com/515/Teen-Spot> or call for more info 530-265-7050.

On Campus & Virtual High School Support & Groups

- STARS: NJUHSD Student Assistance: Offers virtual grief groups, on campus counseling, prevention groups, connections to mental health services & drug/alcohol groups. Call Julianne 530-273-4431, X 2034
- Nevada County Public Health, Health & Wellness Division: Suicide prevention, alcohol/drug/tobacco prevention youth advocacy support as well as stress reduction, digital storytelling and girls groups at area schools. Jen Winders 530-265-1228
- What's Up? Wellness Checkups: Virtual and on campus emotional health checkups at NJUHSD, TTUSD & Forest Charter high schools. Offers Mindfulness, Expressive Arts & Digital Literacy groups at area high schools. 530-268-5854. Virtual mindfulness support: www.whatsupwellness.com/resources

LGBTQ Support

- GSA (Gay Straight Alliance): In school advocacy club. Contact your school counselor for more information.
- Rainbow Social: Weekly support and activity group held during the school year. Contact NEO at 530-470-3869 to sign up for the next session and get more info. <http://bffyouth.org/neo>
- Gender Health Center: Trans and POC led Center Queer informed narrative therapy counseling on a sliding scale for all ages (916) 455-239. 2020 29th St #201, Sacramento, CA 95817. www.genderhealthcenter.org

Parenting & Family Support

- Nevada County PARTNERS Family Resource Centers: Parenting support, housing support, resources & referrals to food, clothing closet, after school classes, family fun nights, GED assistance, computer classes/lab, health care enrollment, playgroups. Serves Spanish speaking population in activities & classes. Grass Valley 530-273-4059, Penn Valley, CA 530-278-8257 or 530-268-5606 and San Juan Ridge 530-292-3174 www.partnersfamilyresourcecenters.org. Office closed to the public due to Covid but can arrange for pick up of items.
- Foster Youth ILS: Parenting support and direct work with youth of all ages who are in foster care. 530-478-6400, extension #5.
- Helping Hands Nurturing Center: Provides parenting support, classes and workshops for parents of all ages. Offers support in parenting teens as well as one on one support for teens. 530-559-2313. www.helpinghandsnurturingcenter.org
- NAMI Nevada County: Provides peer support & advocacy. Groups for family members, caregivers and loved ones of individuals living with mental illness. Meets via Zoom 2nd and 4th Tuesday of every month 5:30-7:30 pm. Call 530-648-0178 to sign up. www.facebook.com/naminevadacounty or www.naminevadacounty.org.
- A New Day Counseling: Individual & group support for ages 13 and up. \$5 an hour faith based peer counseling, healthy step-families support group and sliding scale professional counseling. 530-470-9111. www.anew-day.com
- Gayle Peterson, PhD: Web based parenting support, family therapy & resources. www.askdrgayle.com
- PLEAG: Parent Leadership Empowerment & Advocacy Group, held at Granite Wellness Centers. Open to all parents with children of all ages. Group for supporting parents in recovery. 530-273-9541 <https://www.granitewellness.org>
- Stanford Sierra Youth and Families (formerly Sierra Forever Families) Family Support as well as Foster Family and Adoption Support. Parenting skills, family support, therapy and education to families. Referrals through County Behavioral Health. 530-478-0900. www.ssyaf.org
- Sierra Nevada Children's Services (SNCS): Provides child care assistance, referrals, parenting support and playgroups for children up to 5 years old. Office closed to public due to Covid-19 call for assistance 530-272-8866. www.snscs.org
- Sierra Therapy Center: Therapy, family work, groups. Telehealth therapy sessions available. Virtual groups for teens and adults during shelter in place. Sierra Sparks, LMFT and staff. Grief, teens, self-injury, trauma, EMDR. Accepts Anthem & Medi-CAL. Please have families call Courtney Cain at 530-277-9182 for referrals from WUWC. Main line 530-913-5054 www.sierra-family-therapy.com
- Kindred Hearts Therapy Group. Specializes in working with teens and families. Accepts Anthem Blue Cross, Medical and CA Health and Wellness. Does some pro bono work. Telehealth sessions. EMDR. 530-277-2046 tmalovie@gmail.com
- Liberation Institute income based, non-insurance taking graduate student run therapy clinic. Income based cost \$20-120 per session. Telehealth sessions via phone or video 415-606-5296 extension 102. www.liberationinstitute.org
- Laura Chamberlin - Skills for Change Coaching and classes. Laura provides individualized coaching sessions for teens and parents. No insurance \$100/ 70 mins. Classes \$175 for 6 week series. Call 530-559-3928 or visit website www.moreofwhatyouwant.net/skills-for-change-coaching

Apps for Support (We do not endorse any apps, use at your own discretion)

calm.com

[Smiling Mind](http://SmilingMind)

thinkpacifica.com

headspace.com

thriveport.com

dreamykid.com