

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

Due to COVID-19, most local resources are currently offering virtual supports.

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
- 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

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 (DVSAC) at: 272-3467 www.dvsac.org. Free counseling/therapy to teens who have survived DV/SA. High school based Green Dot empowerment/anti-bullying clubs and NU based peer-to-peer leadership program.

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

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 @ P 530.272.2635 x338 or C 530.615.0308

Family Planning Clinics:

- (530) 891-1911, The Clinic!, 120 Richardson St, Suite D, Grass Valley. Open Monday & Wednesday 11-4. Call to make an appointment.
- Sierra Family Medical Clinic (Miner's) Teen Clinic: 274-9762, 844 Old Tunnel Road Grass Valley, 8AM-12, 1:30-4 (walk in appts).

Drug or Alcohol Use Help:

- CORR at: Call 1-855-Hope-4-You today! (1-855-467-3496) www.corr.us
- or Common Goals at: 265-2914, www.commongoalsinc.org
- Your school may offer on campus substance abuse help groups through STARS: 274-4431, X 2034

Mentoring Programs

- Big Brothers Big Sisters: Mentoring program for children between the ages of 6-18. 265-2059. www.bigsofnc.org
- Friendship Club: Year round program providing social-emotional & academic development & mentoring for girls grades 6-12. 265-4311. www.friendshipclub.org
- 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. 470-3869. www.ncneo.org

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 @273-4431, X2034

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 @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. 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,

PFLAG: Support, advocacy & school groups. Supporting LGBTQ youth, families and allies. www.pflag.org

Rainbow Social: Monthly support and activity group held at the NEO youth center on the 4th Tuesday of every month, 4-6pm. Virtual! Contact NEO at 470-3869. www.ncneo.org

Rainbow Social 2: 2nd Tuesday of every month in Room 8 @Bitney Prep. Expressive arts centered, therapist-led group for ages 13-25. Food & drinks if in person. Virtual!

Parenting & Family Support

Family Resource Center: 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. 478-6400, X264. www.partnersfamilyresourcecenters.org.

Foster Youth ILS: Parenting support and direct work with youth of all ages who are in foster care. 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. 559-2313. www.helpinghandsnurturingcenter.org

NAMI Nevada County: Provides peer support & advocacy. Groups for parents & caregivers of children living with mental illness on the 2nd Tuesday of each month at the NC library at 5pm. (530) 648-0178. 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 CORR. Open to all parents with children of all ages. Call Cindy @273-9541.

PPP/Meg Luce, LMFT: Classes for parents of 2-12 year olds using the Triple P parenting class program plus "Circle of Serenity" classes for parents of ages 0-5. Taught through the FRC. More info: 913-2745. www.nevadacountytherapist.com

Sierra Forever Families: Parenting skills, family support, therapy and education to families. Referrals through County Behavioral Health. 478-0900. www.sierraff.org

Sierra Nevada Children's Services (SNCS): Provides childcare assistance, referrals, parenting support and playgroups for children up to 5. 272-8866. www.sncs.org

Sierra Family 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. 530-913-5054 www.sierra-family-therapy.com

Tamara Lynn Wells, ESIC, ECSE – Positive Connection- Behavior Solutions: Parenting support and workshops. Ages 3-16. Parent coaching on behavioral tools.
530-264-6013 www.positiveconnectionsbehaviorsolutions.com

Virtual Resources for Families During COVID-19: <https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic>

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

calm.com

Smiling Mind

thinkpacific.com

headspace.com

thriveport.com

dreamykid.com