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Resources that educate and inform individuals on topics regarding youth-centered mental health.

**National American Pediatric Association**
Youth health information site - Emotional Wellness

**Child Mind Institute**
Youth site with evidence-based resources that teach a set of mental health skills
https://childmind.org/healthyminds/students/

**Substance Use**
National Institute on Drug Abuse in Teens
https://teens.drugabuse.gov/teens
RESOURCES

TEEN HEALTH

SUPPORT SKILLS

Evidence-based resources that can help staff teach teens basic mental health/coping skills.
LOCAL CRISIS INFORMATION
EUGENE, OREGON

ADDITIONAL CRISIS SERVICES:

Oregon YouthLine
- **Text**: teen2teen to 839 863
- **Call**: 877-968-8491
- **Chat**: www.OregonYouthLine.org

Looking Glass Youth Crisis Response Team
- **Call**: 1-866-989-9990

Oregon Psychiatric Access Line about Kids
- **Call**: 1-855-966-7255

Looking Glass, Station 7 (at-risk/ homeless)
- **Call**: 541-689-3111

@whitebirdclinic
https://whitebirdclinic.org/
RESOURCES RELATED TO HOW TO SUPPORT YOUTH WHO HAVE EXPERIENCED LOSS: SPECIFICALLY PERTAINING TO COVID

Open up camera on phone, place in front of QR code.

How to help young people cope with grief and loss during Covid-19

How to help children process grief and loss during Covid-19
ADDITIONAL LOCAL RESOURCES

Oregon Family Support Network (OFSN): 541-342-2876

NAMI: 541-343-7688

CentroLatinoAmericano: 541-687-2667

Parenting Now: 541-484-5316

15th Night: 541-246-4046

Hosea Youth Services: 541-344-5583

Ophelia's Place: 541-284-4333

UO HEDCO Clinic: 541-346-0923

UO Psychology Clinic: 541-346-4954

Lane County Child & Adolescent Mental Health: 541-682-1915
Youth ERA: 971-334-9295
CHILD MIND INSTITUTE

DARE TO SHARE

YOUTH TIP SHEET
Advice for youth on how to talk about their mental health


PARENT'S TIP SHEET
Advice on how to ask youth about mental health
