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MENTAL HEALTH RESOURCES

YOUTH PROGRAMS

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YOUTH HEALTH

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

National American Pediatric Association

Youth health information site - Emotional Wellness

<https://www.healthychildren.org/english/healthy-living/emotional-wellness/pages/default.aspx>

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

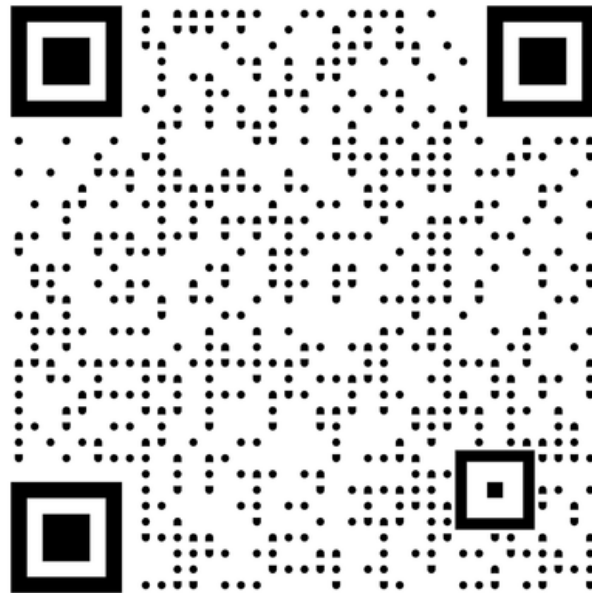
<https://teens.drugabuse.gov/teens>

RESOURCES

TEEN HEALTH

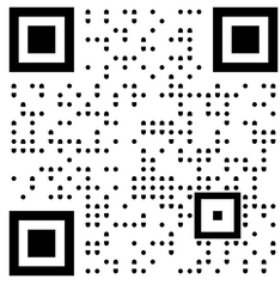
SUPPORT SKILLS

Evidence-based resources that can help staff teach teens basic mental health/coping skills.

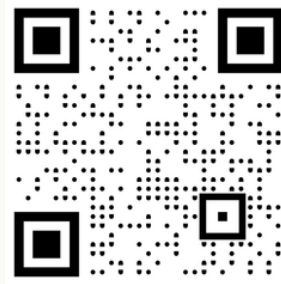


LOCAL CRISIS INFORMATION

EUGENE, OREGON



**WHITE BIRD
CLINIC**



CAHOOTS

@whitebirdclinic

<https://whitebirdclinic.org/>

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

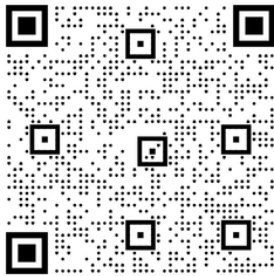
Looking Glass, Station 7 (at-risk/ homeless)

- **Call:** 541-689-3111

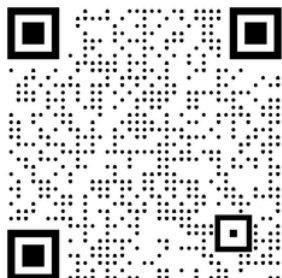
COVID

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](#)

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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

https://childmind.org/wp-content/uploads/2022/04/CMI_DTS_2022_Kid_TipSheet_R1.pdf

PARENT'S TIP SHEET

Advice on how to ask youth about mental health

https://childmind.org/wp-content/uploads/2022/04/CMI_DTS_2022_Parent_TipSheet_R1.pdf



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