



VENTURA COUNTY

Mental Health Resources for Teens and Families

A guide for youth and their families

CREATED BY

On the Verge Ventura County

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Who we are

About this guide

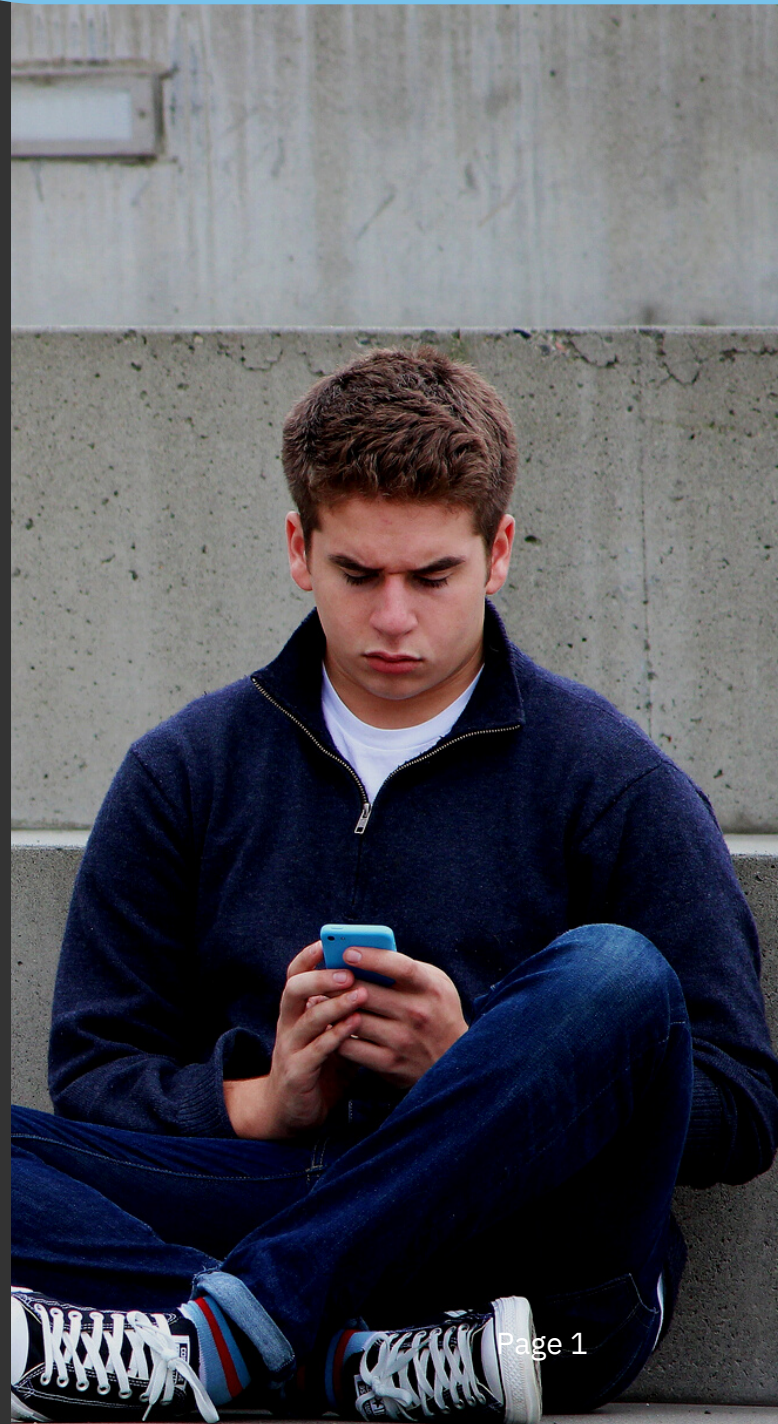
Are you feeling stressed?
Overwhelmed by the world?
Sad all the time?
Lost or hopeless?
This guide was created for you!

To help you get help

It can be hard to talk about how you're feeling. There are a lot of people ready to listen. This guide will help you find them.

To help you decide who to call

You have a lot of options to get help!
Which one is right for you? This guide can tell you.



How to talk to your family and friends

The [National Alliance on Mental Illness \(NAMI\)](#) has the following tips and ideas on who you can talk to about your life and why:

One reason to tell family and friends about your mental health is to receive encouragement. Simply talking to someone sympathetic can reduce your stress level and improve your mood. You may also want to ask for concrete support, like help finding treatment or rides to appointments.

Maybe you have mixed feelings. You might be afraid loved ones will judge you or feel uncomfortable around you. It can be very stressful if you're afraid to tell people but feel pressure to do so.

If you're stressed about whether to tell other people, you might feel better if you write down a list of pros and cons. Maybe some people won't understand. But maybe you can also see benefits to telling the people who will understand.

When to tell:

The time to tell someone is going to depend on several things:

- **When you're well.** This helps provide a calm environment to introduce whomever you speak with to adjust to the idea, especially if they don't know a lot about mental illness.
- **When it serves a purpose.** People disclose for different reasons, often depending on whom they're telling. You may tell a loved one because they've worried about your behavior or thinking. You may tell a friend so that they understand why you sometimes can't hang out with them, or if you worry they think you're growing distant. You may tell your employer in order to receive accommodations at work. There are nearly as many reasons to disclose as there are to stay silent. Different people have to decide when and if the risk is right.
- **When you're ready.** Telling people is a very personal decision. It might help to be able to practice disclosure with a professional, such as a therapist. You can discuss any worries you may have about issues, questions, and comments that might arise. Practicing might also help you clarify your own thinking about mental health as well as help determine who to tell.

Who to tell:

Talking about mental health can be risky. Being able to offer emotional support is not something that everyone knows how to do. It's a skill that takes practice. If you have relatives or friends who lack this skill, that doesn't mean they don't love you.

You might want to make a list of the people you're considering telling. Which of your close friends and family are most skillful at offering understanding? Which ones are best at listening or giving a hug when you're down? What about the people who are good listeners? Which of these "A grade" people could you talk to?

Being able to offer emotional support is not something that everyone knows how to do. It's a skill that takes practice. Some people may not be able to offer emotional support. If you have relatives or friends who lack this skill, that doesn't mean they don't love you.

You might want to make a list of the people you're considering telling. Include the people you feel closest to. Also list the most emotionally skilled people you know, even if you don't know them as well.

Consider the names. Which of your close friends and family are most skillful at offering understanding? Which ones are best at listening or giving a hug when you're down? What about the people who are good listeners? Which of these "A grade" people could you talk to?

How and what to talk about:

You can get the best support possible by planning the conversation. Consider including three items:

- **"Process talk"** means "talking about talking," rather than talking to share information. Prepare your listener for an important conversation by using process talk.
- **Concrete examples** of what you mean by mental health. Share one or two examples of what's causing you stress.
- **Suggest ways to support you:** Family and friends may not know what they can do to help. You can get the best support by asking for specific types of help.

By telling the right people and suggesting ways for loved ones to help, you can start building a strong social support network. At first, you might be afraid to talk about your experiences. But don't give up looking for support and encouragement from others:

- You don't have to share everything.
- Make sure to share the good things too.
- Set boundaries.
- Let them know how they can support you.
- Provide them with information after you talk to them.

How to ask for help

So you're finally ready to reach out for help. What do you need to know first?

Have a way to take notes

If you're calling a local resource to schedule an appointment, they will give you information you need to remember. If you are calling a hotline, they may have some helpful tips or stories that you want to recall later.

Hotlines are always available

Local resources may involve scheduling. They may want you to come in for appointments and may have set times to talk with you or see you in therapy.

Hotlines are 24/7 and you can always call a hotline to talk. Plus, they're free!



How to ask for help



It can feel weird...

Asking for help might be new. It might feel like a challenge. It might feel exciting or scary. There is no wrong way to feel about getting help, and there are many choices for you.

But no one can judge you!

All of these resources are staffed by professionals who have seen and heard it all. They will not judge you, and it is their job to help you find solutions to your problems.

Some therapy is free...

The resources we have included in this guide were picked with you in mind. They have free support or affordable pathways to care. Anyone can call them and anyone can be seen by them.

Some may cost money...

If therapy is going to cost you, the therapist has to tell you how much they charge. If you have insurance, they can talk with you about how that will work. If you don't, it's okay! There are other resources in this guide that won't cost you.

When you're ready to call...

1

Find someplace private to call

It's okay to call around and ask different places for help. They may be able to offer other resources or suggestions.

2

Make sure you have the right number

Double check the resource guide!

3

Tell them what kind of help you need

Don't worry about telling the person immediately everything you want to say. Let them reassure you that they can help, and then provide details.

4

Confirm they can help

Not all resources are a good fit for what you need. Let them tell you if they can help by starting the conversation with a brief description of what you are looking for and why.

5

Take notes

Lastly, they may need information that you don't have right away. Take notes about what questions they have. Write down the names of the people you talk to, and write the dates you called.



National Resources

These resources are national and include a range of hotlines and websites

Hotlines and Helplines

Mental Health Crisis Text Line

Who they are: A national hotline with crisis counselors, available to provide support via text or telephone

What they offer: Phone and text support 24/7

How to reach them: Text **HOME** to 741741 from anywhere in the United States
Visit their website at crisistextline.org

National Suicide Prevention Lifeline

Who they are: A national hotline with support and prevention resources

What they offer: Free and confidential talk and chat 24/7 a week

How to reach them: Call 800-273-8255

Text the word **HEARME** to the number 839863

Visit their website at suicidepreventionlifeline.org

American Foundation for Suicide Prevention

Who they are: Support and resources for people who want to help their friends and family who are struggling with mental illness and suicidal intentions

What they offer: Free and confidential talk and chat 24/7

How to reach them: Call 800-273-8255 or text **TALK** to 741741

Visit their website at afsp.org

Peer Support Hotlines

Teen Line

Who they are: A national peer support teen hotline, with fellow teens to provide support

What they offer: Teen to teen education and support via phone or text

How to reach them: Text **TEEN** to 839863 any day from 6 p.m.–9 p.m.
Call 800-TLC-TEEN from 6 p.m.–10 p.m.

The Peer-Run Warm Line

Who they are: A non-emergency resource for anyone in California seeking mental and emotional support

What they offer: Counselors provide assistance through phone or webchat 24/7

How to reach them: Call 855-845-7415

Instant message with them at their website [mentalhealthsf.org/peer-run-warmline](https://www.mentalhealthsf.org/peer-run-warmline)

The Trevor Project

Who they are: A nonprofit that provides crisis intervention and suicide prevention for LGBTQ+ youth

What they offer: Free and confidential information and support 24/7

How to reach them: Call The Trevor Project Lifeline at 866-488-7386

Text the word “**Trevor**” to 202-304-1200 Thursday–Friday from 1 p.m.–5 p.m.

Chat with them online at [thetrevorproject.org](https://www.thetrevorproject.org)

More National Hotlines

National Domestic Violence Hotline

Who they are: A national domestic violence organization with advocates who are available to talk with anyone experiencing stress in their romantic relationships

What they offer: Phone, chat, and text support 24/7

How to reach them: Call 800-799-7233 or text **START** to 88788 or Chat with them 24/7 online at their website thehotline.org

National Runaway Safe Line

Who they are: A national organization to provide crisis support and resources for teens who are running away or for their families

What they offer: Phone, chat, email and web forums with trained staff 24/7

How to reach them: Call 800-786-2929

Visit their website to chat, email, and visit their online forums at 1800runaway.org

National Sexual Assault Hotline

Who they are: This hotline is run by The Rap, Abuse, and Incest National Network, a national organization that provides education, resources, and support for victims of sexual assault and abuse

What they offer: Phone and chat online with trained staff 24/7

How to reach them: Call 800-656-4673

Chat on their website at hotline.rainn.org/online

Download the RAINN app for chat, resources, and information



Local Resources

These resources are local to Ventura County and include information and help right here in our community

Mental Health Therapy

Ventura County Behavioral Health

What they offer: Mental health and substance abuse treatment services

Where they are available: Countywide

How to reach them: Visit their website at vcbh.org

Learn about all their programs at wellnesseveryday.org/

Crisis and Referral Line 24/7: 866-998-2243

Early detection and intervention for the prevention of psychosis: 866-998-2243

Interface Children and Family Services

What they offer: Support and resources, including youth shelter, teen dating violence prevention, crisis support and housing referrals

Where they are available: Countywide

How to reach them: Visit their website at icfs.org

For general inquiries on how to get services, call 805-485-6114

Family Violence and Human Trafficking Response Hotline 24/7: 800-636-6738

Youth Crisis and Homeless Services Line 24/7: 805-469-5882

Coalition for Family Harmony

What they offer: Support and resources for teens and adults in crisis, including support for victims of child abuse, sexual assault, teen dating violence, and services for LGBTQIA+ youth and adults

Where they are available: Countywide

How to reach them: Visit their website at thecoalition.org

For information on services, call 805-983-6014 Monday–Friday from 8 a.m.–5 p.m.

24/7 Crisis support hotline: 800-300-2181

Mental Health Therapy

211 Ventura County

What they offer: Free connections to resources countywide include food, shelter, counseling, emergency support, education and transportation

Where they are available: Online and via telephone 24/7

How to reach them: Visit their website at 211ventura.org

Call **211** or text **your zip code** to 898211

CLU Community Counseling Resources

What they offer: California Lutheran University Counseling Psychology students provide therapy to clients for a range of mental health concerns, on a sliding fee scale, which means families only pay what they can afford. Services are available in Spanish.

Where they are available: Clinics are located in Oxnard and Westlake

How to reach them: Visit their website at clucounseling.org

For appointments at their Oxnard location, call 805-493-3059

For appointments at their Westlake location, call 805-493-3390

Give An Hour

What they offer: Mental health counseling resources specializing in trauma caused by any of the following areas: COVID-19; mass violence incidents (including Route 91 and Borderline Bar and Grill); opioid addiction; and military service.

Where they are available: Countywide

How to reach them: Visit their website at giveanhour.org

Supportive Resources

National Alliance on Mental Illness (NAMI) Ventura County

What they offer: Resources including free education programs, peer-to-peer support and advocacy, information, referrals, and support

Where they are available: Countywide

How to reach them: Visit their website at namiventura.org

Call their general resource line at 805-500-6264

Contact them via email at info@namiventura.org

Turning Point Foundation Ventura County

What they offer: Mental illness recovery and support services

Where they are available: Countywide

How to reach them: Visit their website at turningpointfoundation.org

For general inquiries on how to get services, call the Wellness Center at 805-653-5054 Monday–Saturday from 9 a.m.–5 p.m.

Resources Just for Teens

One Step a la Vez

What they offer: Free connections to resources countywide including food, shelter, counseling, tutoring and homework help, emergency support, education, and field trips.

They also offer a teen-led support group, *Conocimiento*

Where they are available: Fillmore, Santa Paula, and Piru, for ages 16 to 25

How to reach them: Call the center at 805-625-7066 Monday–Friday from 1 p.m.–7 p.m.

Visit their website at osalv.org

Visit their center at 421 Sespe Ave., Fillmore, CA 93015

You can email them at info@myonestep.org

Diversity Collective and Rainbow Umbrella Youth Group

What they offer: Support for LGBTQIA+ youth, and connections to counseling, support, events, education and resources

Where they are available: Countywide, with a center located in Ventura

How to reach them: Visit their website at diversitycollectivevc.org

Call them at 805-644-5428

You can also email them at info@diversitycollective.org

Free Rapid HIV testing available through their confidential support line: 805-665-3193

TAY Tunnel

What they offer: A drop-in wellness and recovery center for youth ages 18 to 25; they provide supportive services and also can assist with emergency needs

Where they are available: TAY Tunnel's drop-in center is located in Oxnard

How to reach them: Call them at 805-240-2538

Visit them at 141 W. 5th Street, Suite D, Oxnard, Monday–Friday from 9 a.m.–5:30 p.m., and Saturday from 11 a.m.–3 p.m

Resources Just for Teens

Forever Found

What they offer: Mentoring, shelter, resources, and emotional support for teens and youth who are being trafficked or exploited.

Where they are available: Countywide

How to reach them: Call them at 805-306-8018

Visit foreverfound.org

REACH hotline for emergencies and crisis situations 24/7: 805-261-1212

Interface Youth Crisis & Homeless Services

What they offer: Interface Children and Family Services offers outreach, counseling, resources, family mediation, and shelter/housing for homeless and runaway youth.

Where they are available: Countywide

How to reach them: Visit their website at icfs.org/services/youth-crisis-homeless-services or call Interface for counseling information at 805-485-6114

Youth Crisis Hotline 24/7: 805-469-5882

City Impact

What they offer: Outreach, counseling, and family support for at-risk children and youth in Ventura County

Where they are available: Countywide

How to reach them: Call them at 805-983-3636

Visit their website to learn about all of their programs at cityimpact.com

Email them at info@cityimpact.com or counseling@cityimpact.com

Specialized Services

Clinicas del Camino Real

What they offer: Healthcare of all types, including mental health services

Where they are available: Oxnard, Santa Paula, Simi Valley, Thousand Oaks and Ventura

How to reach them: Learn about their locations and services at their website clinicas.org

Call their office at 805-647-6353, Monday–Thursday from 8:30 a.m.–8 p.m. and Tuesday, Wednesday and Friday from 8:30 a.m.–5:30 p.m.

Logrando Bienestar

What they offer: Mental health screenings through Ventura County Behavioral Health, education for families, and advocacy

Where they are available: Countywide

How to reach them: Call them at 805-973-5220

Find them on Facebook at facebook.com/VCLograndoBienestar

Mixteco/Indigena Community Organizing Project (MICOP)

What they offer: Supportive and counseling services for immigrants and indigenous communities in Ventura County

Where they are available: Oxnard, Santa Paula, Fillmore, Piru, Santa Maria

How to reach them: Visit their website at mixteco.org

Call their headquarters at 805-247-1188

Specialized Services

Promotoras y Promotores Foundation

What they offer: Health education and support services for migrant and Spanish-speaking individuals & their families

Where they are available: Countywide

How to reach them: Call them directly at 818-347-5455, Monday–Friday 9 a.m.–5 p.m. Find them on Facebook at facebook.com/pypf01

Project Esperanza

What they offer: Family support, mental health workshops, events and activities for Spanish-speaking families

Where they are available: Santa Paula and Fillmore

How to reach them: Visit their website at proyectoesperanzasp.com
Call them at 805-427-1235

Lideres Campesinas

What they offer: Advocacy, information about rights, counseling, and resources for migrant and Spanish-speaking families that work in the fields

Where they are available: Countywide

How to reach them: Visit their website at liderescampesinas.org

Call them at 805-486-7776

Email them at info@liderescampesinas.org

Specialized Services

Raising Hope Ventura County

What they offer: A local organization offering mentoring, life skills, financial support and advocacy for youth in foster care or impacted by the foster care system

Where they are available: Countywide with an office in Thousand Oaks

How to reach them: You can call them directly at 805-491-5439

Visit their website at raisinghope.org

Email them at info@raisinghope.org

Tri-County GLAD

What they offer: Supportive and mentoring resources for the Deaf, Hard of Hearing, Deafblind and Deaf Disabled community

Where they are available: Countywide

How to reach them: Visit their website and message them online, at tcglad.org

Contact them using the following methods Monday–Friday from 8:30 a.m.–5 p.m.

TTY: 805-644-6323

VP: 805-256-1053

Voice: 805-644-6322

Email them at info@tcglad.org

The Ventura County Family Justice Center

What they offer: Walk-in supportive services for victims of child abuse, sexual assault, elder abuse, domestic violence, and human trafficking, including restraining orders, emergency support, and victim advocacy

Where they are available: Countywide with a center in Ventura

How to reach them: Call them at 805-652-7655

Visit their website at vcfjc.org

Visit them at 3170 Loma Vista Road, Ventura, CA 93003

Monday–Friday from 8 a.m.–5 p.m.

Specialized Services

VCBH Substance Use Treatment Help

What they offer: Drug and alcohol use and abuse treatment services including counseling, referrals, resources and outreach

Where they are available: Countywide

How to reach them: Call the access line 24/7 at 844-385-9200

Visit the Ventura County Behavioral Health website for more information at vcbh.org/en/programs-services/substance-use-services

Ventura County Al-Anon Family Group

What they offer: Anonymous support groups, in person and online, for the family and friends of alcoholics to share experiences and create solutions together. Programs include Alateen, which is support just for teens affected by someone else's alcoholism

Where they are available: Countywide and online

How to reach them: Call them 24/7 at 805-253-7188

Visit their website for meeting times, locations, and information at alanonventura.org

Find more about Alateen at alanonventura.org/alateen

Ventura County Alcoholics Anonymous (AA)

What they offer: Anonymous support groups, in person and online, for individuals struggling with alcoholism and addiction

Where they are available: Countywide and online

How to reach them: Visit their website at aaventuracounty.org

Call them 24/7 at their main phone line at 805-389-1444

Call them toll-free line 800-990-7750.

You can reach them via email at vcaaco@verizon.net

Congratulations!

You made the call!

Great things take time

Do not put pressure on yourself to heal or be okay. It will take a lot of work.

Take notes

Write down anything you think you need to remember. Both while scheduling and also in therapy.

Therapy is not one size fits all!

Advocate for yourself

You might need to see a few therapists before you find a good fit for you.

Try and try again

It's always okay to say "This isn't working. I want to try something different."



We hope this helped!

Remember, you are not alone. Asking for help can be the breakthrough you need to feel okay again.

On the Verge Ventura County is a collaboration of the following social service agencies:



COUNTY of VENTURA
Human Services Agency



VENTURA COUNTY
PUBLIC HEALTH
A Department of Ventura County Health Care Agency



First 5 Ventura County *Andrew Huizar*

Ventura County Public Health *Jeff Segovia, RN, PHN*

Ventura County Probation Agency *Naydeen Fish*

Ventura County Family Justice Center *Marie Villa, MA*

County of Ventura Human Services Agency *Carmen Franco, LMFT and Lisa Connelly, LCSW*

The Partnership for Safe Families & Communities of Ventura County *Jackie Flores-Ortega*