

<https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>

<https://sites.google.com/view/calm4you/home>

robin RLDOSKEY@gmail.com

<https://www.amazon.com/dp/B0991CL4Z3>

<https://www.amazon.com/dp/B097NP8WTR>

<https://www.acs-teens.org/how-you-can-help/>

mentalhealthfirstaid.org

Marcia

The youth I work with created an instagram during the pandemic to connect with their peers.
@stanfordreachyab

From the SCCOE website on MTSS:

<https://www.sccoe.org/depts/eepd/mtss/Pages/default.aspx>

CHAC currently has immediate availability to accept new clients at our main clinic located on El Camino (near downtown Mountain View). We offer services to all-ages, including couples and families, on a sliding scale, and in a manner that is sensitive to social and cultural backgrounds. Having no wait-list, we are able to schedule an intake appointment as soon as an individual calls in. Those interested in our services - either in person or via telehealth - should contact us at info@chacmv.org or visit our website: chacmv.org, and we will assist them by scheduling an intake.

School district Body image program ???? **Please send me an email details**

From Linda Lenoir

llenoir233@gmail.com

Dear Colleagues,

Please see below the resources I mentioned at the Challenge Team meeting. SCCBH have put together the very informative brochures and my Team put together the Parent/Caregiver Toolbox. This Parent Toolbox can also be used for staff and other community members for educational purposes.

If you have any questions please let me know. I know hard copies of the brochures will be coming out soon. For copies you can send an email to: evelyn.quintanilla@hhs.sccgov.org

On another note those in schools can attend the Postvention Training I am conducting 1/19 at 3:30-4:30. Please go to the Santa Clara County Office of Education to register. If you have any problems please let me know.

Martha please send to other members of the Challenge Team. Thanks!

Stay safe, have a peaceful weekend,
Linda Lenoir RN, BSN, MSN, CNS, PHN
Suicide Prevention Training Manager
HEARD Alliance

Stanford, Department of Child/Adolescent Psychiatry

Black Youth & Suicide

<https://bhsd.sccgov.org/sites/g/files/exicpb711/files/documents/Black%20Youth%20and%20Suicide.pdf>

NEW Mental health guide for teens:

<https://bhsd.sccgov.org/sites/g/files/exicpb711/files/documents/MH%20Guide%20for%20Teens.pdf>

PDF: [HEARD Alliance - Parent Toolbox](#)

Website: HeardAlliance.org/Parent-Toolbox