



Closing Remarks

Youth Leaders from SACYMH



Closing

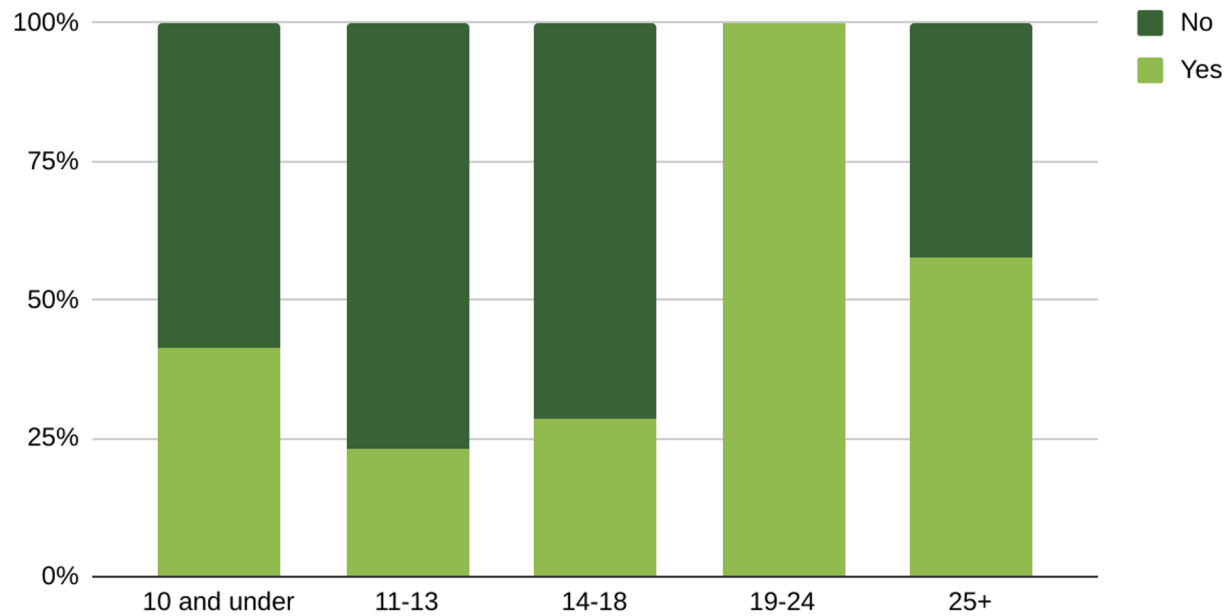
- Data
- Promote T4W

Our Farm to Fork Booth



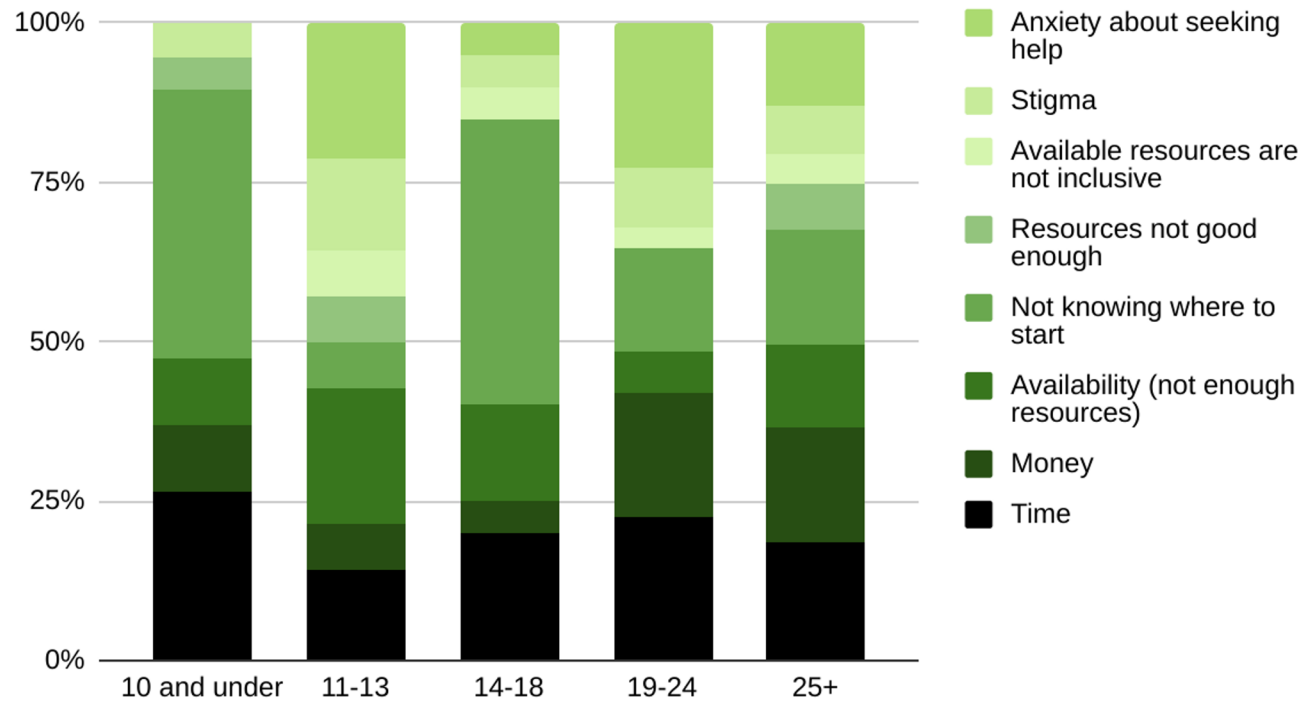
Survey Question

Have you or a family member struggled with mental health in the last year?



Survey Question 2

Have You Faced any Barriers in Accessing MH Services?



TOGETHER FOR WELLNESS

It's ok not to be ok

Free Emotional Health & Resources for ALL!



- A **FREE** digital wellness website for Californians
- Resources include apps, websites, articles, videos and more
- Available in 10 different languages

Our resources cover topics such as
Emotional & Family Wellbeing
Suicide & Crisis Prevention
Building Supportive Connections
Loss & Grief

The site has been created with input from community members of diverse ages, ethnicities, identities, and backgrounds, to ensure that it's useful for **ALL** Californians!



<https://www.togetherca.org/>

UCLA

**UC DAVIS
HEALTH**

Center for Reducing
Health Disparities

chorus



CalHOPE

TOGETHER FOR WELLNESS

JUNTOS POR NUESTRO BIENESTAR

Seeking Feedback from Youth!!

Purpose:

Share advice and feedback on a wellness website with digital health resources.

Who:

Individuals ages 13-24 who live in California.

When & Where:

Sessions will be held on the 3rd Thursday of every month, via Zoom.

If you are interested in joining the feedback session **REGISTER USING THE QR CODE.**

E-gift cards awarded for participation



<https://tinyurl.com/T4Wgroups>

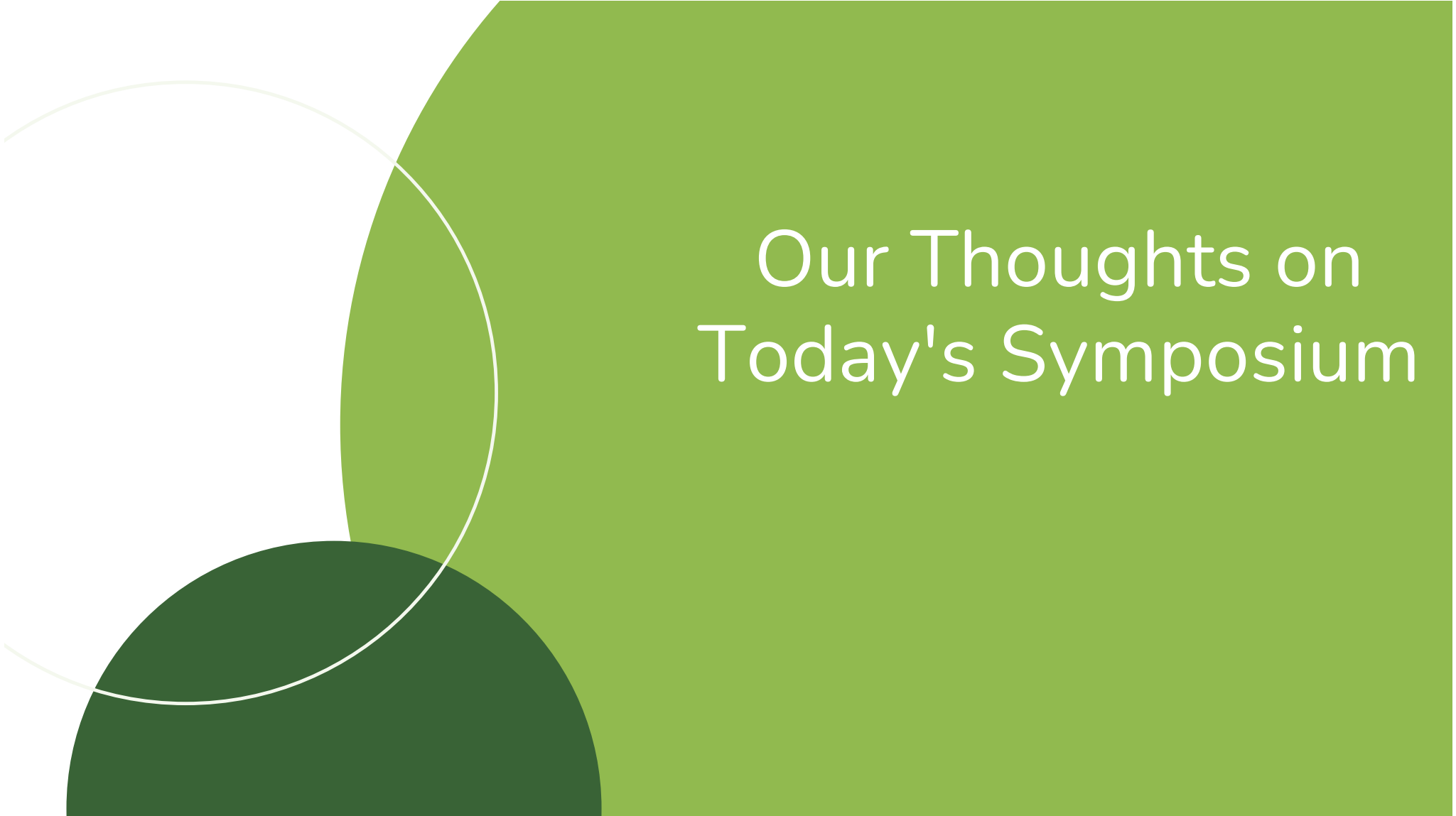
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INNOVATIONS

Contact us:

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Our Thoughts on
Today's Symposium



Thank You

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