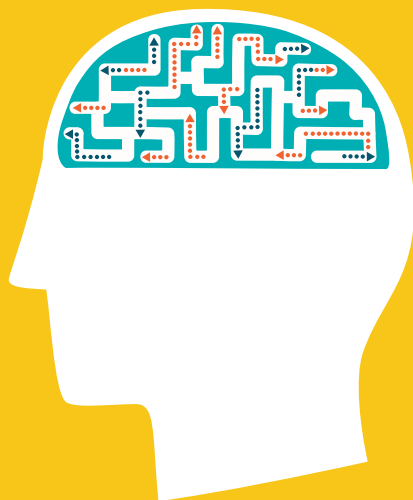
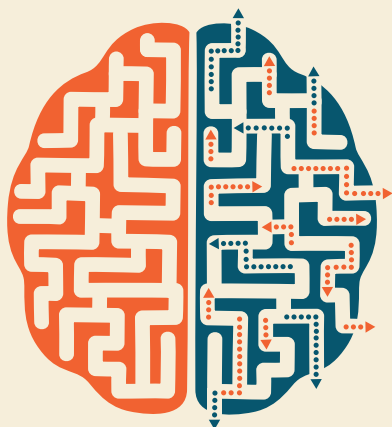
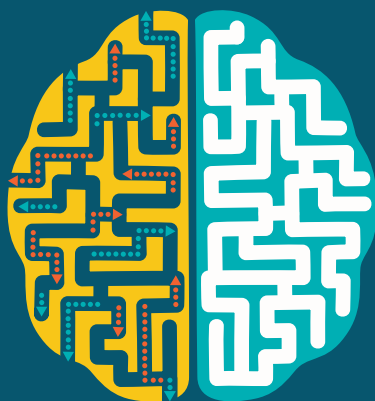


2019 PASADENA MENTAL HEALTH RESOURCE GUIDE



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Pasadena Mental Health Advisory
Committee and the Pasadena
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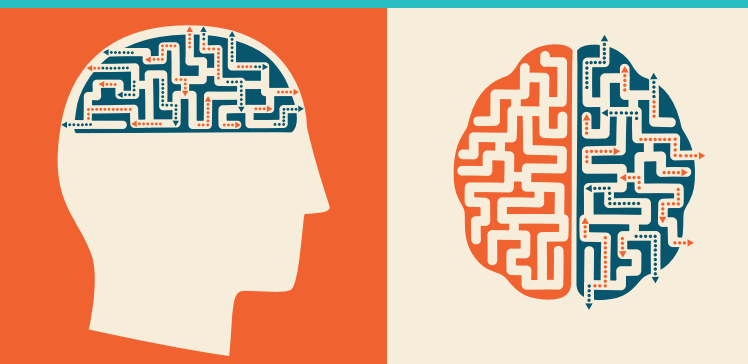
California State Library Mental
Health Initiative, Southern California
Library Cooperative and Institute of
Museum & Library Services

ABOUT THIS GUIDE

The 2019 Pasadena Mental Health Resource Guide contains Pasadena-based and surrounding area resources for those searching for care. The contents of this guide are provided by the Pasadena Mental Health Advisory Committee, the Pasadena Public Library, and organizations participating in the 2019 Pasadena Mental Health Day.

This guide does not include every mental health resource in the City of Pasadena. The Pasadena Mental Health Advisory Committee and Pasadena Public Library are not responsible for any changes in contact, location, and services information that may occur in the future.

If you are experiencing a crisis, please call 9-1-1 immediately for help. Otherwise, call any of the agencies included in this guide or your primary care health provider.



PASADENA MENTAL HEALTH ADVISORY COMMITTEE (PMHAC)

PMHAC is a private professional networking organization made up of volunteers. PMHAC's aim is to improve the overall mental health and wellness of the Pasadena community. Through educational forums, community partner collaboration, and the annual Pasadena Mental Health Day celebration, PMHAC strives to destigmatize mental illness and increase access to high quality mental health services for the city's most vulnerable. PMHAC is open to all who are interested in learning about and working to improve mental health in our city. The organization's monthly meetings take place every third Tuesday of the month and are open to the public. For more information, email: [**PMHACconnects@gmail.com**](mailto:PMHACconnects@gmail.com).

CALIFORNIA STATE LIBRARY MENTAL HEALTH INITIATIVE

The goal of the Mental Health Initiative is to provide every library staff member in the state with the opportunity to learn how to work effectively with patrons affected by mental illness. To learn more about this initiative, visit: [**http://www.library.ca.gov/services/to-libraries/mental-health-initiative**](http://www.library.ca.gov/services/to-libraries/mental-health-initiative).

SOUTHERN CALIFORNIA LIBRARY COOPERATIVE (SCLC)

SCLC is a consortium of 39 independent city, county and special district public libraries located in Los Angeles and Ventura counties, which have agreed to cooperate in providing library service to the residents of all participating jurisdictions. SCLC provides member libraries with a resource-sharing network and a means for enhancing the level and diversity of resources. [**http://socallibraries.org**](http://socallibraries.org)

INSTITUTE OF MUSEUM AND LIBRARY SERVICES (IMLS)

The Institute of Museum and Library Services is the primary source of federal support for the nation's libraries and museums. IMLS advances, supports, and empowers America's museums, libraries, and related organizations through grantmaking, research, and policy development. Its vision is a nation where museums and libraries work together to transform the lives of individuals and communities. To learn more, visit [**www.imls.gov**](http://www.imls.gov).

WHAT DOES ANXIETY & DEPRESSION OFTEN LOOK LIKE?

SOMETIMES ANXIETY LOOKS LIKE:

- Feeling nervous or tense
- Experiencing shortness of breath, rapid heartbeat, trembling and/or sweating
- Trouble sleeping or eating
- Feeling like you want to vomit
- Trouble concentrating
- Having difficulty controlling thoughts of worry
- Having the urge to avoid things that trigger anxiety

SOMETIMES DEPRESSION LOOKS LIKE:

- Feeling sad or hopeless
- Crying a lot
- Not wanting to be with your friends or family
- Not wanting to do things you normally like to do
- Trouble sleeping or eating
- Feeling angry or annoyed
- Feeling tired and/or listless
- Trouble concentrating
- Having aches and pains
- Having thoughts of suicide

If you have some or all of these symptoms, talk to your parents, caregiver(s) or another adult in your life that you trust right away so you can get the medical attention you need and deserve. **Don't wait** for these feelings to go away. **Call one of the hotlines listed on the next page.**

If you feel like hurting yourself, tell someone or dial 9-1-1 immediately. There is nothing to be ashamed of. Anxiety and depression are very common and can be treated and managed. **Don't be afraid to ask for help.**

IMPORTANT EMERGENCY HOTLINES

Military Crisis Line

Phone: 1-800-273-8255 (Press 1)

OVERSEAS:

In Europe: Call 00800 1273 8255
or DSN 118

In Korea: Call 0808 555 118 or
DSN 118

In Afghanistan: Call 00 1 800 273 8255
or DSN 111

Text: 838255

Website:

[https://www.veteranscrisisline.net/
gethelp/military-crisis-line](https://www.veteranscrisisline.net/gethelp/military-crisis-line)

Sponsored by Veteran's Crisis Line

National Child Abuse Hotline

Phone: 1-800-4-A-Child or
1-800-422-4453

Website: [http://www.childhelp.org/
hotline](http://www.childhelp.org/hotline)

Sponsored by ChildHelp

National Domestic Violence Hotline

Phone: 1-800-799-7233

Phone (TTY): 1-800-787-3224

Website: <http://www.thehotline.org>-

*Sponsored by the National Domestic
Violence Hotline*

National Helpline for Substance Abuse

Phone: 1-800-662-HELP

Website: [https://www.samhsa.gov/
find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)

*Sponsored by the Substance Abuse and
Mental Health Services Association (SAMSA)*

National Runaway Safeline

Phone: 1-800-786-2929

Website:
<https://www.1800runaway.org>

Sponsored by the National Runaway Safeline

National Sexual Assault Telephone Hotline

Phone: 1-800-656-HOPE (4673)

Chat: [https://hotline.rainn.org/
online/terms-of-service.jsp](https://hotline.rainn.org/online/terms-of-service.jsp)

Website: [https://www.rainn.org/
about-national-sexual-assault-
telephone-hotline](https://www.rainn.org/about-national-sexual-assault-telephone-hotline)

*Sponsored by Rape, Abuse, & Incest National
Network (RAINN)*

National Suicide Prevention Lifeline

Phone: 1-800-273-8255

Phone (for hearing impaired):
1-800-799-4889

Website:

<https://suicidepreventionlifeline.org>-

*Sponsored by the National Suicide
Prevention Hotline*

The Helpline

Phone: 1-800-931-2237

Website: [https://www.national
eatingdisorders.org](https://www.nationaleatingdisorders.org)

*Sponsored by the National Eating Disorder
Association (NEDA)*

The Trevor Project

Phone: 1-866-488-7386

Text: "Trevor" to 1-202-304-1200

Website: [https://www.thetrevor
project.org](https://www.thetrevorproject.org)

Sponsored by the Trevor Project

Textlines

Love is Respect

Text: "LOVEIS" to 22522

Teenline

Text: "TEEN" to 839863 between
6 p.m.-9 p.m. PST

Website: <https://teenlineonline.org>

Youth Crisis Textline

Text: "Connect" to 741741

Website: <https://www.crisistextline.org>

TEEN MENTAL HEALTH RESOURCES



Be Mindful Breathe, Ann D'Angelo M.A.

274 S. Los Robles Ave.

Pasadena, CA 91106

Phone: (626) 840-0045

Website: www.bemindfulbreathe.com

Hours of operation: Mon.-Fri. • 8 a.m.-7 p.m.

Services provided: Mindfulness Based Stress Reduction for Teens. Mindfulness for Children, Teens, Adults, Families & Schools. Self-Compassion workshops and classes.



Black Infant Health

Pasadena Public Health Department

1845 N. Fair Oaks Ave., Suite 2437

Pasadena, CA 91103

Phone: (626) 744-6155

Website: <http://cityofpasadena.net/public-health/child-and-maternal-health/black-infant-health-program>

Hours of operation:

Mon.-Thur. • 8 a.m.-5:30 p.m.; Fri. • 8 a.m.-4:30 p.m.

Services provided: Free supportive services to pregnant African American women (18+). Individualized life planning to help you plan for your future. Prenatal support groups and postpartum support groups (bring baby with you!). Additionally, we offer several health workshops throughout the year when we invite the whole family to join us.



Bridges, INC

Phone: (909) 623-6651

Fax: (909) 623-0455

Email: info@bridgesrehab.org

Website: <http://www.bridgesrehab.org>

Hours of operation: Call, as hours may vary

Services provided: BRIDGES transitional and long term social rehabilitation programs include mental health and psychiatric services, wellness and recovery, health and skills education, employment readiness and employment opportunities. Outpatient services are individualized to meet the needs of the family.



Casa Treatment Center

160 N. El Molino Ave.
Pasadena, CA 91101

Toll Free: 1-855-954-2272

Phone: (626) 792-2770

Fax: (626) 792-5826

E-mail: info@casatreatmentcenter.org

Website: <https://www.casatreatmentcenter.org>

Hours of operation: Call, as hours may vary

Services provided: Casa is a 24-hour, non-medical substance abuse treatment program for women. Our programs emphasize abstinence from alcohol and/or other mind-altering substances and encourage the physical, mental and spiritual growth in the recovery process, while also addressing co-occurring disorders. Women, 18 years of age or older (or emancipated minors), are provided with a safe, clean and sober environment to help them reach the goal of becoming alcohol and drug free.



ChapCare

Corporate Office
455 W. Montana St.
Pasadena, CA 91103

Phone: (626) 993-1221

Fax: (626) 204-0086

Website: <https://www.chapcare.org>

Hours of operation: Mon.-Fri. • 8 a.m.-5 p.m.

Services provided: ChapCare is a federally qualified health center servicing the San Gabriel Valley through medical services and health insurance enrollment, as well as advocacy.

TEEN MENTAL HEALTH RESOURCES



Day One Pasadena

175 N. Euclid Ave.
Pasadena, CA 91101

Phone: (626) 229-9750

Website: <https://www.godayone.org/do-pasadena>

Hours of operation: Mon.-Fri. • 10 a.m.-6 p.m.

Services provided: Day One builds vibrant, healthy cities by advancing public health, empowering youth, igniting change, and offering development programs, public health education, intervention and policy development.



Disability Rights California

Phone: 1-800-776-5746

Website: <https://www.disabilityrightsca.org>

Hours of operation: Call, as hours may vary

Services provided: Free services for people with disabilities including self-advocacy, legal, non-legal, media, public policy, legislative and investigatory. DRC also conducts and coordinates trainings/outreach to traditionally underserved ethnic and disability communities. DRC can assist with issues regarding special education, higher education, housing, access, discrimination, voting, employment, mental health, public benefits, and community integration and/or with the regional center.



Five Acres

760 W. Mountain View St.
Altadena, CA 91001

Phone: (626) 798-6793

Website: <http://5acres.org>

Hours of operation: Mon.-Fri. • 8 a.m.-8 p.m., Sat.-Sun. • 8:30 a.m.-2 p.m.

Services provided: Community-based mental health care services for low-income children and families in the San Gabriel Valley.



Foothill Family Services

Administrative Office
2500 E. Foothill Blvd., Suite 300
Pasadena, CA 91107

Phone: (626) 993-3000

Fax: (626) 993-3084

Website: <https://www.foothillfamily.org>

Hours of operation: Mon.-Fri. • 9 a.m.-5 p.m.

Services provided: Counseling, social services, mental health treatment for children, education, and outreach to families in the San Gabriel Valley.

Healing Arts Center of Altadena

1911, 1927 and 1927½ N. Lake Ave.
(Northwest corner of Lake Ave. & New York Dr.)
Altadena, CA 91001

Phone: (626) 398-0292

Website: www.healingartscenterofaltadena.com

Hours of operation: Call to make an appointment

Services provided: Healing sessions to help individuals overcome the effects of stress and anxiety, reclaim a sense of peace and safety, and develop a healthier relationship with the body.



Heritage Clinic

447 N. El Molino Ave.
Pasadena, CA 91101

Phone: (626) 577-8480

Fax: (626) 577-8978

Website: <http://www.heritageclinic.org>

Hours of operation: Mon.-Fri. • 8:30 a.m.-5:30 p.m.

Services provided: Counseling, case management, caregiver support, crises intervention, and mental health services for low-income adults 55+.

TEEN MENTAL HEALTH RESOURCES



Hillsides| Bienvenidos

940 Avenue 64
Pasadena, CA 91105

Main Campus: (323) 254-2274

Fax: (323) 254-0598

Website: <http://hillsides.org>

Hours of operation: Call, as hours may vary

Services provided: Quality comprehensive services and advocacy dedicated to healing children and young adults, strengthening families and transforming communities.



Hillsides-Youth Moving On

Youth Moving On Peer Resource Center
456 East Orange Grove Blvd. Suite 140
Pasadena, CA 91104

Phone: (626) 765-6010

Email: prc@hillsides.org

Website: <http://www.youthmovingon.org>

Hours of Operation: Mon. • 9 a.m.-5:30 p.m., Tue. • 11:30 a.m.-8 p.m., Wed. • 11:30 a.m.-8:30 p.m., Thurs. • 11:30 a.m.-8 p.m., Fri., 9 a.m.-5:30 p.m.

Services provided: Affordable quality housing and support services for former foster and probation youth as they transition successfully to adulthood.



Las Encinas Hospital

2900 E. Del Mar Blvd.
Pasadena, CA 91107

Toll Free: (877) 579-8140

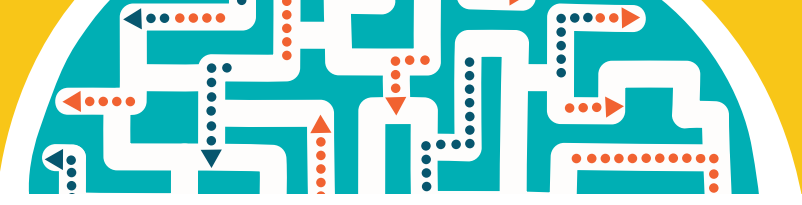
Phone: (626) 795-9901

Fax: (626) 792-2919

Website: <http://www.lasencinashospital.com>

Hours of operation: 24 hrs/day

Services provided: A wide variety of inpatient and outpatient programs designed to address mental health and addiction treatment needs.



Los Angeles County Department of Health-Service Area 3

330 W. Maple Ave.
Monrovia, CA 91016

Phone: (626) 256-1932

Email: spa3@ph.lacounty.gov

Hours of operation: Call, as hours may vary

Services provided: Offers clinical services. The agency conducts surveillance and medical case management of reportable communicable diseases, contains the spread of communicable diseases, and provides numerous outreach activities to engage the community as active participants to improve the health of residents.



Lumos Transforms

454 N. Avenue 56
Los Angeles, CA 90042

Phone: (323) 254-7775

Email: info@lumostransforms.com

Website: <http://lumostransforms.com>

Hours of operation: Mon.-Fri. • 9 a.m.-5 p.m.

Services provided: Effective, simple stress-reduction solutions that build capacity and grow resilience for individuals, communities and organizations.



National Alliance on Mental Illness-San Gabriel Valley

2550 E. Foothill Blvd.
Pasadena, CA 91107-3406

Phone: (626) 577-6697

Fax: (626) 577-0381

Email Address: sgvnami@pacificclinics.org

Website: <http://www.namisangabrielvalley.org>

Hours of operation: Call, as hours may vary

Services provided: Free support groups, educational workshops, and classes about mental illness for family members, caregivers and peers. NAMI also provides community presentations.

TEEN MENTAL HEALTH RESOURCES



National Asian Pacific American Families Against Substance Abuse

340 E. 2nd St., Suite 409
Los Angeles, CA 90012

Phone: (213) 625-5795

Email: info@napafasa.org

Website: napafasa.org

Hours of operation: Call, as hours may vary

Services provided: Free public health information and referrals to individuals and families. Information for individuals coping with addiction and resources for families to obtain healthcare services.



Pacific Clinics - Corporate Office

800 S. Santa Anita Ave.
Arcadia, CA 91006

Phone: (626) 254-5000

Email: info@pacificclinics.org

General information: info@pacificclinics.org

Website: <http://www.pacificclinics.org>

Hours of operation: Call, as hours may vary

Services provided: Supportive services for individuals and families in over 60 locations across Los Angeles, Orange, San Bernardino and Ventura counties. Free, low-cost and sliding scale fee services for children, youth, transitional age youth, adults, and older adults.



Pasadena Fire Department- Public Education & Community Programs

Phone: 626) 744-4655

Website: <https://www.cityofpasadena.net/fire>

Services provided: Multiple public education programs for the community. Keeping our neighborhoods safe is a top priority of the City of Pasadena and public safety is the paramount duty of the Pasadena Fire Department. Our programs strive to provide effective fire safety education and positive community role models.



Pasadena Humane Society

361 S. Raymond Ave.
Pasadena, CA 91105

Phone: (626) 792-5151

Fax: (626) 792-3810

General information: 1-877-722-2737

24 Hour Emergency Service: (626) 792-7151

Kennel/Office: Tue-Fri • 9 a.m.-6 p.m., Sat • 9 a.m.-5 p.m.,
Sun • 11 a.m.-5 p.m., Closed Mondays

Adoption hours: Tue-Fri • 9 a.m.-5 p.m., Sat • 9 a.m.-4 p.m.,
Sun • 11 a.m.-4 p.m., Closed Mondays

PHS Helping Paws program: We all want the best for our animals, but sometimes circumstances beyond our control make it difficult to keep our pets. The Pasadena Humane Society & SPCA is here to help. The Helping Paws program assists pet owners in need so they can get help for their pets, keeping animals in homes and out of the shelter. Helping Paws services include low and no-cost vaccines, microchips, and spay/neuter surgery, as well as a free behavior helpline, pet food bank, and crisis planning.

PHS Companion Animals Outreach program: Certified volunteer teams consisting of a companion animal and their human (or humans) visit libraries, schools, assisted-living facilities, rehabilitation centers, hospitals, or organizations serving at-risk and vulnerable populations on a monthly basis. These visits have a positive impact on emotional and physical health. The teams convey the mission of humane education at Pasadena Humane Society & SPCA by promoting empathy, providing compassion and care, and strengthening the human-animal bond.

Volunteers who want to join this program must have their own companion animal with whom they are certified as a team through a qualified organization.

TEEN MENTAL HEALTH RESOURCES



Pasadena Police Department- Community Services

Website: <https://www.cityofpasadena.net/police>

Services provided: An array of ongoing and annual programs, presentations and special events intended to serve the entire community. The department endeavors to utilize technology and departmental resources to deliver information and increase the public's awareness of the programs and services we offer. We strive to provide a high level of service to a diverse community and promote the Pasadena Police Department's organizational values. The Pasadena Way is the framework of our service and is the common thread bonding us together as community partners, relationships which are built on trust, treating others with respect, and open communication.



PASADENA
PUBLIC HEALTH DEPARTMENT

Pasadena Public Health Department

1845 N. Fair Oaks Ave.

Pasadena, CA 91103

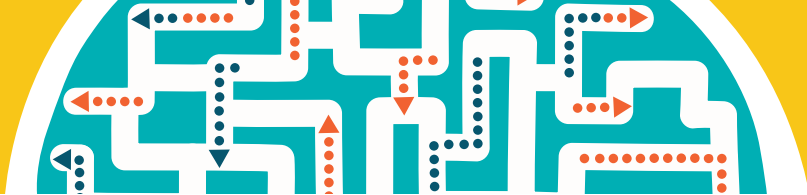
Phone: (626) 744-6000

Info on Services & Enrollment: (626) 744-6339

Website: <https://www.cityofpasadena.net/public-health>

Hours of operation: Mon.-Thurs. • 7:30 a.m.-5 p.m.; Every other Fri. • 7:30 a.m.-4:30 p.m.

Services provided: Mental health and wraparound case management services to eligible individuals in Pasadena and the surrounding communities. With a focus on special populations, such as at-risk youth, LGBTQI2-S, seniors, and homeless, the Social and Mental Health Division is available to help meet your mental health needs.



Pasadena Public Health- Tobacco Control Program

1845 N. Fair Oaks Ave.

Pasadena, CA 91103

Phone: (626) 744-6071

Website: <https://www.cityofpasadena.net/public-health>

Hours of operation: Mon.-Thurs. • 7:30 a.m.-5 p.m.; Every other Fri. • 7:30 a.m.-4:30 p.m.

Services provided: Resources for parents, including information about the City of Pasadena's commitment that nurtures every child and creates an environment where young children are healthy, safe and find early success in school and life.



Pasadena Public Library—Central Library

285 E. Walnut Ave.

Pasadena, CA 91101

Phone: (626) 744-4066

Website: www.pasadenapubliclibrary.net

Hours of operation:

Visit www.pasadenapubliclibrary.net for locations and hours

Services provided: Free access to mental health information, including books, databases and pamphlets. The library also houses a teen mental health resource center and a teen webguide devoted to mental health at: <http://cityofpasadena.libguides.com/webteen/mentalhealth> including a consumer health libguide on mental health at: <http://cityofpasadena.libguides.com/consumerhealth>

TEEN MENTAL HEALTH RESOURCES



Pasadena Public Library - Office of the Young Child (Hub Network)

285 E. Walnut Ave.
Pasadena, CA 91101

Phone: (626) 744-4297

Email: cogrady@cityofpasadena.net

Website: <https://www.cityofpasadena.net/Office-of-the-Young-Child>

Hours of operation: Call, as hours may vary

Services provided: Resources for parents, including information about the City of Pasadena's commitment that nurtures every child and creates an environment where young children are healthy, safe and find early success in school and life.



Peace Over Violence— West San Gabriel Valley Center

892 N. Fair Oaks Ave., D
Pasadena, CA 91103

Office: (626) 584-6191

Fax: (626) 584-6193

Video: (626) 243-7972

Website: <https://www.peaceoverviolence.org>

Hours of operation: Mon.-Fri. • 8 a.m.-5 p.m.

Services provided: Case management, accompaniment services, legal services and individual counseling services for victims of domestic violence.



Pierre-Etienne Vannier, MSC, CHT

Office: (626) 584-6191

Fax: (626) 584-6193

Video: (626) 243-7972

Website: <https://www.peaceoverviolence.org>

Hours of operation: Call, as hours may vary

Services provided: Stress management and nervous system regulation



Recovery International

1415 W. 22nd St., Tower Floor
Oak Brook, IL 60523

Phone: (312) 337-5661

Toll-free: 1-866-221-0302

Fax: (312) 726-4446

Website: <https://recoveryinternational.org>

Hours of operation: Call to make an appointment

Services provided: Offers meetings and tools to control behavior and change attitudes, for men and women of all ages.



San Gabriel Valley LGBTQ Center

2607 S. Santa Anita Ave.
Arcadia, CA 91006

Phone: (626) 578-5772

E-mail: info@sgvlgbtq.org

Website: <https://sgvlgbtq.org>

Services provided: Peer support groups, community education, and community building.

TEEN MENTAL HEALTH RESOURCES



Southern California Resource Services for Independent Living

Pasadena Office
2023 Lincoln Ave.
Pasadena, CA 91103

Office: (626) 587-5010

Fax: (626) 714-7068

VP (Video Phone): (626) 407-3562

Website: <https://www.scrs-ilc.org>

Hours of operation: Mon.-Fri. • 8 a.m.-5 p.m.

Services provided: A wide range of comprehensive services, ranging from peer-support groups to job preparation and job placement to ensure maximum quality of life.



Teen Line

Cedars-Sinai
P.O. Box 48750
Los Angeles, CA 90048-0750

If you're a teen looking for help, call:

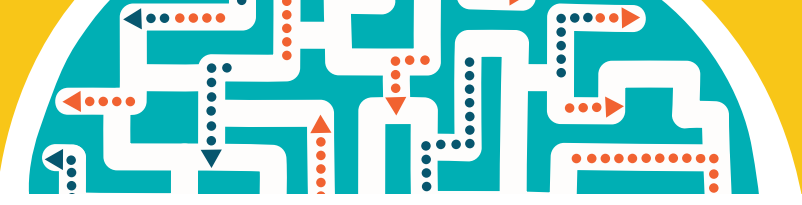
We're open from 6 to 10 p.m. Pacific Time, every night.

1-310-855-HOPE (4673)

1-800-TLC-TEEN (852-8336) (U.S. & Canada only)

Services provided: If you have a problem or just want to talk with another teen who understands, then this is the right place for you! Call, text, or email us.

Check out "Ask TEEN LINE," find resources in our Youth Yellow Pages, or join conversations with other teens on our message boards at: <https://teenlineonline.org/get-help/>. Resources for parents can be available at: <https://teenlineonline.org/parents/>.



HOUSING + EMPLOYMENT + LIFE SKILLS

Union Station Homeless Services

825 E. Orange Grove Blvd.
Pasadena, CA 91104

Phone: (626) 240-4550

Website: <https://unionstationhs.org>

Hours of operation: Mon.-Fri. • 8:30 a.m.-5 p.m.

Services provided: A full continuum of nine programs throughout the San Gabriel Valley helping homeless individuals and families rebuild their lives. Our services include street outreach, intake/assessment, care coordination and navigation, meals, shelter, housing, employment development, benefits enrollment, and referrals to medical and mental health services.

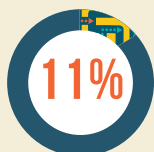
TEEN MENTAL HEALTH RESOURCES

MENTAL HEALTH FACTS CHILDREN & TEENS

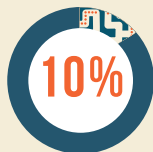
FACT: 1 IN 5 CHILDREN AGES 13-18 HAVE, OR WILL HAVE A SERIOUS MENTAL ILLNESS¹



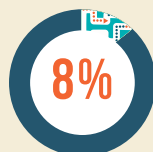
20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

IMPACT

50%



50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24¹

10YRS

The average delay between onset of symptoms and intervention is 8-10 years.¹

37%



37% of students with a mental health condition age 14 and older drop out of school — the highest dropout rate of any disability group.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

SUICIDE

3RD



Suicide is the 3rd leading cause of death in youth ages 10-24

90%



90% of those who died by suicide had an underlying mental illness.¹

¹Based on a 2015 report from the National Institute of Health (NIH)

* Infographic from NAMI.org



PPL YOUTH MENTAL HEALTH RESOURCES

PASADENA PUBLIC LIBRARY TEEN MENTAL HEALTH INITIATIVE

In 2016, the Pasadena Public Library's Teen Advisory Board (TAB) launched the Teen Mental Health Initiative to provide Pasadena youth with resources about mental illness. The Initiative aims to increase awareness and discussions around topics of mental health; provide specialized services and programs for teens, family and friends; provide training for staff; provide opportunities for advocacy; and maintain a well-stocked, vetted, mental health resource center. TAB is the youth volunteer leadership team of Pasadena Public Library. TAB implements change in our community, promotes library services, and advocates for teen and youth services. The Teen Mental Health Initiative includes the following:

RESOURCE CENTER

The Teen Mental Health Resource Center includes pamphlets, handouts, book lists, guides, and other information about youth mental health, mental health services, where to get help, and how to help others. Around the corner from the resource shelf are books about mental health and other topics related to mental health. The library is also a designated Safe Space. It is located at:

Pasadena Public Library – Central Library

Teen Central, 4th floor

285 E. Walnut St.

Pasadena, CA 91101

(626) 744-4066

Monday-Thursday • 9 a.m. – 9 p.m. • Friday & Saturday • 9 a.m. – 6 p.m.

Sunday • 1 p.m.-5 p.m.

VIRTUAL RESOURCE CENTER

For quick, easy access, resources are also available 24/7 online in our Library Guides. The services listed are Pasadena-based, Los Angeles-area, or available nationwide. The guide covers a variety of topics, including mental health, emergency services, and services for LGBTQ+ teens. If you do not have access to the internet or a computer, all 10 Pasadena Public Library locations provide free access to computers and Wi-Fi. Additionally, all Pasadena City properties offer free Wi-Fi.

<http://cityofpasadena.libguides.com/webteen/mentalhealth>



TEEN MENTAL HEALTH RESOURCES

BOOK LISTS

Sometimes the best way to cope with new changes or confusing emotions is to connect with stories from people who share similar experiences. Pasadena Public Library provides an extensive listing of books for teens, sorted by mental health challenges, including addiction, anxiety, eating disorders, OCD, PTSD, and mood disorders.

<http://cityofpasadena.libguides.com/teenbooks/mentalhealth>

EVENTS, TRAININGS, AND WORKSHOPS

The Pasadena Public Library periodically offers workshops about mental health, mental health first aid, helping people in crisis, and discussions around topics of mental health.

<https://www.cityofpasadena.net/library/teens/teen-events/>

EDUCATION KITS

Pasadena Youth Mental Health Education Kits contain a variety of mental health training materials targeted to youth or adults who work with youth. The kits include videos, books, fully-scripted presentations that can be reused or adapted, printouts, guides, digital files, and an extensive resource list for youth or educators who would like to implement mental health education in their institution or community. The kit includes enough guides for a group of 24 students. If needed, more guides and resources can be printed using the digital files. The materials in the kits are intended to be passed on—from educator to youth, from youth to youth, from trainer to trainer, from classroom to classroom, from organization to organization. Most materials can also be found in Pasadena Public Library's Subject Guides:

<http://cityofpasadena.libguides.com/webteen/mentalhealth>

For more information about Pasadena Public Library's Teen Mental Health Initiative, contact Teen Services Librarian Jane Gov at jgov@cityofpasadena.net

CONSUMER HEALTH RESOURCES MENTAL HEALTH

NATIONAL MENTAL HEALTH RESOURCES

AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP)

Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

<https://arsp.org>

AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)

APA is the leading scientific and professional organization representing psychology in the United States, with more than 115,700 researchers, educators, clinicians, consultants and students as its members.

<https://www.apa.org/topics/index.aspx>

MEDLINEPLUS

MedlinePlus.gov is a vetted, reliable collection of quality health information for consumers, patients, and caregivers. Mental health resources are extensive, including Spanish language materials and many other languages. The following is just a small sampling of broad mental health topics; try searching the site for specific disorders, alcohol or substance abuse, drug information, or any other health or mental health topic.

MedlinePlus Mental Health Topic Pages • medlineplus.gov

Mental Health • medlineplus.gov/mentalhealth.html

Child Mental Health • medlineplus.gov/childmentalhealth.html

Teen Mental Health • medlineplus.gov/teenmentalhealth.html

Mental Disorders • medlineplus.gov/mentaldisorders.html

MENTAL HEALTH AMERICA (MHA)

Mental Health America (MHA) – founded in 1909 – is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

<http://www.mentalhealthamerica.net/>

CONSUMER HEALTH RESOURCES **MENTAL HEALTH**

MENTALHEALTH.GOV

MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information.

<https://www.mentalhealth.gov/>

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

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

NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH)

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.

<https://www.nimh.nih.gov>

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

<https://www.samhsa.gov/>

MENTAL HEALTH SUPPORT GROUPS

ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA (ADAA)

ADAA is an international nonprofit membership organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research. ADAA's unique interlinked consumer and professional mission focuses on improving quality of life for those with these disorders.

<https://adaa.org/supportgroups>

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA)

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder. These conditions affect more than 21 million Americans, account for 90% of the nation's suicides every year, and cost \$23 billion in lost workdays and other workplace losses.

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

MENTAL HEALTH RESOURCES FOR EDUCATORS, HEALTH PROFESSIONALS, MENTORS, & PARENTS

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY (AACAP)

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers.

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

LGBTQ YOUTH AND SEXUAL ABUSE: INFORMATION FOR MENTAL HEALTH PROFESSIONALS

Provides a short glossary of relevant terms and a chart delineating the continuums of sex, gender, and sexual orientation. This fact sheet offers summaries of issues concerning LGBTQ youth and their parents related to sexual orientation and sexual abuse, a table of common myths and stereotypes about LGBTQ youth and sexual abuse, recommendations for practitioners and agencies on counseling LGBTQ youth, and guidance in treating LGBTQ youth following sexual abuse.

<https://www.nctsn.org/resources/lgbtq-youth-and-sexual-abuse-information-mental-health-professionals>

NATIONAL CHILD TRAUMATIC STRESS NETWORK

The National Child Traumatic Stress Network was established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.

<https://www.nctsn.org/what-is-child-trauma/>

CONSUMER HEALTH RESOURCES MENTAL HEALTH

NATIONAL INSTITUTE ON DRUG ABUSE (NIDA)

NIDA's mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.

<https://www.drugabuse.gov>

TALKING WITH TEENS-OFFICE OF ADOLESCENT HEALTH (OAH)

The Office of Adolescent Health (OAH) is dedicated to improving the health and well-being of adolescents. OAH leads through promoting strength-based approaches, bolstering multi-sector engagement, and bringing in youth voices to support healthy development and transitions to productive adulthood.

<https://www.hhs.gov/ash/oah/resources-and-training/for-families/index.html>

TEEN MENTAL ILLNESS 101

Do you know a teen suffering from mental illness? In 2014, the National Alliance on Mental Illness reported that 1 in 5 teens (ages 13-18) have, or will have, a serious mental illness. As part of the 2016 California State Library (CSL) Mental Health Initiative, library staff and youth advocates are invited to learn more about mental illness with Michelle Carlson and Cheryl Eskin from Teen Line (www.teenlineonline.org), a teen-to-teen hotline that provides education and support for teens.

https://infopeople.org/civicrm/event/info?reset=1&id=629&_ga=1.16787452.436290520.1476317754

TOOLKIT FOR PARENTS AND TEENS

ACT (Assets Coming Together) for Youth Center of Excellence connects research to practice in the areas of positive youth development and adolescent sexual health.

<http://www.actforyouth.net/adolescence/toolkit/parents.cfm>

TEEN LINE MENTAL HEALTH TOOL KIT FOR ADULTS

This tool kit was designed to inform library staff about teen mental illness and includes tips on how to communicate with teens, program suggestions that teach coping skills, online resources, and book suggestions.

http://cityofpasadena.libguides.com/ld.php?content_id=27993436

MENTAL HEALTH RESOURCES FOR INDIVIDUALS EXPERIENCING HOMELESSNESS

PATH

PATH provides the support that homeless individuals and families need in order to successfully transition from living on the street, or in shelters, to thriving in homes of their own. High-quality supportive services are critical to ensuring that the people we serve are able to not only move into permanent homes, but also stay in their new homes long-term. The services we provide are available to individuals, families, and veterans who are homeless or at risk of becoming homeless.

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

UNION STATION HOMELESS SERVICES

If you or someone you know is currently homeless or is at risk of becoming homeless, we can help! The San Gabriel Valley Coordinated Entry System (CES) is the primary point of entry for adults seeking housing and services

<https://unionstationhs.org>

MENTAL HEALTH RESOURCES FOR TEENS

NATIONAL INSTITUTE ON DRUG ABUSE (NIDA)-FOR TEENS

This website is a project of the National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH), U.S. Department of Health and Human Services. This site is organized to help you find what you are looking for, whether you are a teen, middle or high school teacher, or parent. The purpose of this site is to facilitate learning about the effects of drug use on the brain, body, and lives of teens.

<https://teens.drugabuse.gov>

TEEN MENTAL HEALTH.ORG

We are committed to creating and disseminating the highest quality mental health information (products and training programs), addressing the needs of youth (ages 12 to 25 years), families, educators, health providers, policy makers and others. Resources based in Canada.

<http://teenmentalhealth.org/>

CONSUMER HEALTH RESOURCES **MENTAL HEALTH**

TEEN FORUMS & DISCUSSION BOARDS

TEEN LINE MESSAGE BOARDS

Read through other teens' discussions on the message boards, and login or register to join the conversation.

<https://teenlineonline.org/board/>

OK2TALK

The goal of OK2TALK is to create a community for teens and young adults struggling with mental health problems and encourage them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Anyone can add their voice by sharing creative content such as poetry, inspirational quotes, photos, videos, song lyrics and messages of support in a safe, moderated space. We hope this is the first step towards getting help and feeling better.

<http://ok2talk.org/>

CRISIS HOTLINE

The Hotline: **(832) 416-1177**

Teen Talk: **(832) 416-1199 (call) or (281) 201-4430 (text)**

TEEN HEALTH & WELLNESS HOTLINES

Teen Health & Wellness: Real Life, Real Answers is for educational purposes only. If you have a question on a health or wellness issue, we strongly encourage you to call one of the featured hotlines to speak to a qualified professional or speak to a trusted adult, such as a parent, teacher, or guidance counselor.

<https://teenhealthandwellness.com/static/hotlines>

THE TREVOR PROJECT

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people ages 13-24.

<https://thetrevorproject.org>

Trevor Lifeline: (866) 488-7386

Call the Trevor Lifeline 24 hours a day, 7 days a week

TrevorText: Text "Trevor" to **1-202-304-1200**. Standard text messaging rates apply.

Hours of operation: Thursdays and Fridays between 3-9 p.m. EST/noon-6 p.m. PST

VETERAN'S RESOURCES

DISABLED AMERICAN VETERANS (DAV)

DAV is a nonprofit charity that provides a lifetime of support for veterans of all generations and their families, helping more than 1 million veterans in positive, life-changing ways each year. Annually, the organization provides more than 600,000 rides to veterans attending medical appointments and assists veterans with well over 200,000 benefit claims. In 2018, DAV helped veterans receive more than \$20 billion in earned benefits. DAV's services are offered at no cost to all generations of veterans, their families and survivors.

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

NATIONAL CENTER FOR PTSD

World's leading research and educational center of excellence on PTSD and traumatic stress.

<https://www.ptsd.va.gov/>

Veterans Crisis Line: **1-800-273-8255 (Press 1)**

CONSUMER HEALTH RESOURCES **MENTAL HEALTH**

VETERAN'S ADMINISTRATION: MENTAL HEALTH RESOURCES

From anxiety, to depression, to posttraumatic stress, there is a wide range of conditions that can affect your mental health. These pages will walk you through mental health conditions and other mental health topics, and outline programs and services that are in place to help. Explore self-help tools, or download a screening checklist to see if common symptoms apply to you or a loved one.

<https://www.mentalhealth.va.gov/>

HOMELESS VETERANS SERVICES

VETERAN'S ADMINISTRATION: HOMELESS RESOURCES

Connecting homeless and at-risk veterans with housing solutions, health care, community employment services and other required support.

<https://www.va.gov/homeless/resources>

RECURSOS EN ESPAÑOL

MEDLINE EN ESPAÑOL

MedlinePlus en español es el sitio web de los Institutos Nacionales de la Salud para pacientes, familiares y amigos. Producida por la Biblioteca Nacional de Medicina de los Estados Unidos, la biblioteca médica más grande del mundo, MedlinePlus le brinda información sobre enfermedades, afecciones y bienestar en un lenguaje fácil de leer. MedlinePlus le ofrece información confiable y actualizada en todo momento, en cualquier lugar y de forma gratuita.

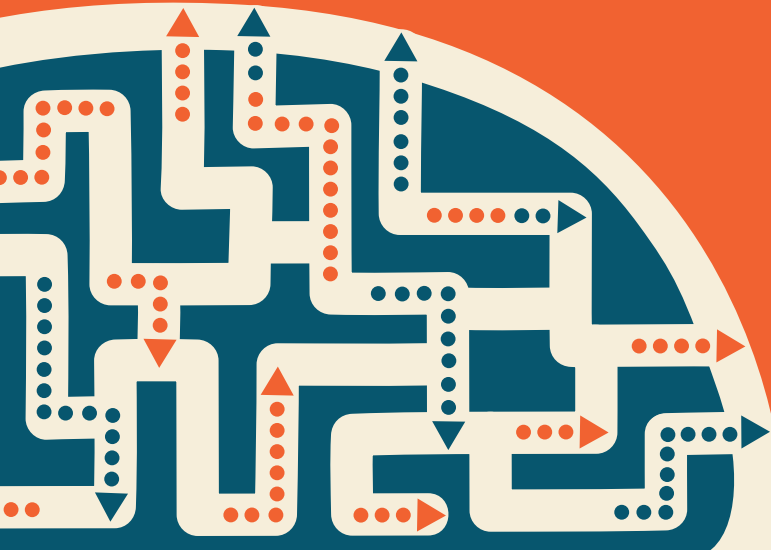
El sitio web: <https://medlineplus.gov/spanish/>

For more consumer health information resources, log on to our consumer health subject guide at:

<http://cityofpasadena.libguides.com/consumerhealth>.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



PASADENA
PUBLIC
LIBRARY



California
STATE LIBRARY
Preserving Our Heritage, Shaping Our Future



INSTITUTE of
Museum and Library
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