

Resources for Transition Aged Youth (16-24)

NAMI Kern County has compiled the following information about national resources to help transition-aged youth (ages 16-24) who are living with mental health needs, as well as their family members. A final section provides resources for succeeding in college.

National

- **Crisis Text Line:** Free, confidential 24-hour service accessible via text message to number 741-741. People can text anonymously with a crisis counselor on the Crisis Text Line. Visit The New York Times website at <http://nyti.ms/1MK416g> for more information.
- **Teen & Youth Help Hotline:** A teen-to-teen hotline with community outreach services. <https://teenlineonline.org/talk-now/>
- **OK2TALK:** An online community for teens and young adults struggling with mental health problems that provides a form to encourage them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Visit ok2talk.org
- **Help Guide:** Provides multiple guides to help individuals coping with mental health problems. Guides for teenagers on depression, suicide, self-harm, bullying, eating disorders, and substance abuse are available at <http://www.helpguide.org/home-pages/teen-issues.htm>
- **Teen Mental Health:** Provides information about multiple types of mental disorders, the teen brain, etc. <http://teenmentalhealth.org/>
- **Parenting Strategies:** Preventing adolescent alcohol misuse and coping with depression and anxiety. <http://www.parentingstrategies.net/>
- **Youth Mental Health First Aid:** Designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>
- **Runaway Hotline:** Phone: 1-800-621-4000
- **Managing a Mental Health Condition in College:** Designed to help students with a mental health condition plan proactively for academic and social success in college, know where to find support and how to put their best foot forward. See more at: <https://www.nami.org/Find-Support/Teens-Young-Adults/Managing-a-Mental-Health-Condition-in-College#sthash.m7mpkmcX.dpuf>
- **NAMI on Campus:** NAMI on Campus clubs work to end the stigma that makes it hard for students to talk about mental health and get the help they need. Clubs hold creative meetings, hold innovative awareness events, and offer signature NAMI programs through partnerships with NAMI State Organizations and Affiliates across the nation. See more at: <http://www.nami.org/Get-Involved/NAMI-on-Campus#sthash.zNIOyHOO.dpuf>
- **Active Minds:** Active Minds empowers students to change the perception about mental health on college campuses. <http://activeminds.org/>

- **Teens and Young Adults** <https://www.nami.org/Your-Journey/Teens-Young-Adults>
- **Advice for College Students with Mental Health Issues** <https://www.nami.org/collegeguide/download>, <http://bit.ly/2vnBspW> and <http://www.mentalhealthamerica.net/top-ten-freshman-year-issues>

Local

- **Kern Behavioral Health and Recovery Services:** provides a variety of variety of programs and services designed for Transitional Aged Youth, ages 16-25. If you have questions, regarding the referral process please call 661-868-6465. For more information visit, https://b289acfd-f20d-4c8f-9af7-8d9fba5412e8.filesusr.com/ugd/2d0775_f2411ce50e964b058a2a72a5eecbbd65.pdf
- **America's Job Center of California** assisting youth: providing no-cost training as well as resources. https://workforce.kernhigh.org/apps/pages/index.jsp?uREC_ID=707571&type=d&pREC_ID=1603684