



Self-Care for Individuals and Transition Age Youth Workers  
October 11<sup>th</sup> and 12<sup>th</sup>, 2022

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Brought to you by:

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Please complete this evaluation of the webinar, and we appreciate your feedback and ideas for future topics.

- Access the Evaluation Survey [Here](#)

Additional Resources:

- [ProQOL Measure | ProQOL](#)
- [TEND | Education & Resources for Helping Professionals \(tendacademy.ca\)](#)
- [Burnout The Secret to Unlocking the Stress Cycle](#) by Emily Nagoski, Ph.D.
- [Guided Meditations - MARC | UCLA Health](#)
- [Mindful USC Mobile App | Mindful USC - Mindfulness at the University of Southern California](#)
- [The Science of Happiness | Greater Good Science Center \(berkeley.edu\)](#)
- [The Good Life Center \(goodlifecenteratvale.com\)](#)
- [The Science of Well-Being by Yale University | Coursera](#)
- [Your Wellbeing | Center for Wellness and Health Promotion \(harvard.edu\)](#)
- National Suicide Prevention Hotline 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish
- Crisis Text Line Text LA to 741741

- DMH Warmline 800-854-7771. Ext 1: Access Center; Ext 2: Emotional Support; Ext 3: Veteran Peer Access Network (VPAN Warmline)
- CLUE (Clergy and Laity United for Economic Justice) Spiritual Care Hotline 213-477-7468 Available Mon-Fri, 12pm-8pm
- LAUSD Student and Family Wellness Hotline 213-241-3840 Mon-Fri 8am-5pm
- Teen Line: Text TEEN to 839863 (6pm-9pm PST) and 1-800-TLC-TEEN (6pm-10pm PST)
- Trevor Project (24/7) 1-866-488-7386
- Trans Lifeline 1-877-565-8860 Available 7am-1am
- LGBT National Hotline 1-888-843-4564
- VA Greater Los Angeles 1-800-273-8255 (Press 1) or text 838255
- The Marine Corps DSTRESS Line (24/7) 1-877-476-7734
- Rocky Mountain MIRECC for Suicide Prevention [www.mirecc.va.gov/visn19/consult](http://www.mirecc.va.gov/visn19/consult) and [SRMconsult@va.gov](mailto:SRMconsult@va.gov)
- Combat Call Center 1-800-927-8387
- Disaster Distress Helpline 1-800-985-5990 Available 24/7, 365 days per year
- Apps: MY3 , Breathe2Relax, Teen Talk, Youth Yellow Pages, Mindful USC, UCLA Mindful, Headspace, Virtual Hope Box

### Upcoming Trainings

- October 20<sup>th</sup> 10am-11:30am | [Psychological First Aid \(PFA\): Listen, Protect, Connect, Model & Teach](#)