



Self-Care for Individuals and Transition Age Youth Workers
October 17th and 18th, 2023

Brought to you by:

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

- Access the Evaluation Surveys [HERE](#) and [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 \(goodlifecenterat Yale.com\)](#)
- [The Science of Well-Being by Yale University | Coursera](#)
- [Your Wellbeing | Center for Wellness and Health Promotion \(harvard.edu\)](#)

- [Los Angeles Department of Mental Health Suicide Prevention Resources](#)
- 988 Suicide and Crisis Lifeline. Call or text 988, available 24/7, 365 days a year
- Disaster Distress Helpline 1-800-985-5990, available 24/7, 365 days a year
- Crisis Text Line Text LA to 741741, available 24/7
- DMH Helpline 800-854-7771. Veteran Line- Ext. 3
- Life Assistance Program 1-800-538-3543
- LAUSD Student and Family Wellness Hotline 213-241-3840 Mon-Fri 8am-5pm
- Teen Line: Text TEEN to 839863 (6pm-9pm PST) and 1-800-852-8336 (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
- SAGE LGBT Elder Hotline 1-877-360-LGBT
- National Queer & Trans Therapists of Color Network www.nqttcn.com
- Military and Veterans Crisis Line 1-800-273-8255, press 1, Text 838255, 24/7
- The Marine Corps DSTRESS Line 1-877-476-7734 (24/7)
- Rocky Mountain MIRECC for Suicide Prevention www.mirecc.va.gov/visn19/consult and SRMconsult@va.gov
- Vets 4 Warriors (Does not accept calls from blocked numbers) 1-855-838-8255
- In Transition 1-800-424-7877
- Tragedy Assistance Program for Survivors (TAPS) 1-800-959-8277
- Fire/EMS Helpline 888-275-6832
- COPLINE (Law Enforcement) 800-267-5463
- Safe Call Now 206-459-3020

Upcoming Trainings

- October 24th [Transition Age Youth and Substance Use: What Providers Need to Know](#) 10am-12pm
- November 8th and 9th [Mental Health First Aid](#) 9am-12pm