

# Teen Resources

## Academic Support/Tutoring

Lindamood-Bell Learning Processes (805)541-6383

Harvey Mudd Homework Helpline (877)827-5462

Cal-SOAP (805)922-6966 x3710

SLO Tutoring (805)234-5548

Grade Potential (805)380-7472

Cuesta Reading Skills Program and College for Kids (800) 978-9596

OP C.O.Y. (805)592-2990

Central Coast Learning Center (805)234-1908

## Therapy/Support Groups

Q Youth Group (805) 541-4252

Roots Family Therapy (805)762-4838:

- Adolescent Coping & Support Training Group
- Anxiety & Stress Mngmt Group
- Breath & Mindfulness Group for Adolescents

Hoofbeats Equine Therapy (805)602-1286

Young Adult Counseling (County) (805) 781-4290

Tidelands Counseling (805)543-5060

Community Counseling (805)543-7969

Teen Grief Support—Hospice of SLO (805) 544-2266

\*Private Practice referrals available upon request

## Drug & Alcohol

ALATEEN (805)534-9204

SLO County Drug & Alcohol—Co-Occurring Disorder Treatment (805) 781-4754

SLO County Drug & Alcohol Outpatient (805) 781-4275

Coast Freedom Center—Adolescent Treatment (805)461-1518

Friday Night Live (805) 781-4289

K.E.Y.S. (Keeping Every Youth Sober) (805)238-2290 or (805)286-6331

## Health & Parenting

Parent Connection—Teen Academic Parenting (805) 544-5033

The Center (805) 544-2478

CAPSLO Project Teen Health (805) 544-2484

CAPSLO Sexual Health Education Program (805)544-2484

Planned Parenthood (805)549-9446

Access Support Network (805)781-3660

SLO Public Health (805)781-8800

Teen Success (805)722-2487

## Employment/Job Skills

Eckerd Workforce Development—

Greensmart Training Services (805) 835-9319

America's Job Center (805) 903-1400

## LGBTQ

Tranz Central Coast (805)242-3821

GALA (805)541-4252

Cal Poly Pride Center (805)756-7733

ACLU of Southern CA (213)977-9500

Pacific Pride Foundation (805)963-3636

## Mentoring/Skill-Building

Big Brothers, Big Sisters (805) 781-3226  
Grizzly Youth Academy (800) 926-0643  
CA Conservation Corps ((800) 952-5627  
ALPHA Academy (805)596-0433  
Cal Poly - Bakari Mentoring Program  
(805)756-2686  
CASA (805)541-6542  
Counselor In Training (CIT) (805)781-7447  
Quest Spring Break Camp (805)781-7447  
SLOMA Art Camp (805)543-8562  
PG & E Teens Program: Writers Conference  
SLO Excursions (805)543-2039

## Volunteering

County Library Teen Volunteer (805)781-5991  
United Way Youth Board (805)541-1234  
SLO Food Bank (805)975-5688  
CapSLO: Head Start, Project Teen Health,  
Homeless Services (805) 549-6857

## Housing

Transitional Housing Placement Program—  
Foster Care Youth (THPP) (805)781-3535  
THP+ (not foster care youth) (805)781-3535  
SLO Homeshare (805)215-5474  
Central Coast Dream Center

## Mental Health/Substance Use Treatment- (Inpatient)

Crisis  
MHET  
SLO County Psychiatric Health Facility  
(800)838-1381

**Medi-Cal Insurance**  
Vista Del Mar (Ventura) (877)-518-1110  
Good Samaritan (Bakersfield)  
(661)215-7500

**Private Insurance**  
The Haven (17+ years old) (805)202-3440

**Out-of-County**  
Breath Life Healing Centers  
(888)983-8933

The Lotus Colloaborative—Eating Disorder  
Recovery Center (Santa Cruz) (831)  
600-7103

## Miscellaneous

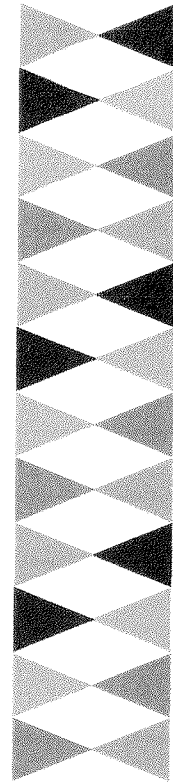
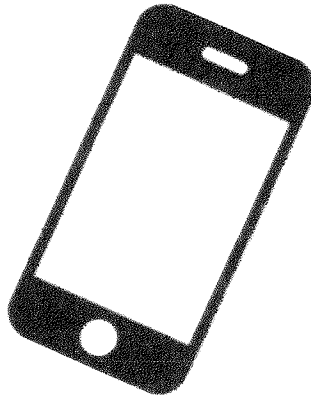
Parent-Teen Mediation (805)549-0442  
theslowdown.org  
YMCA Youth & Government (805)543-8235  
Money Talks for Teens (Financial Literacy)  
(805)541-1234  
SLO Independent Living Program (805)781-1700  
SCAR reporting (805)781-KIDS  
DSS CWS (805)781-5437  
NAMI (National Alliance on Mental Illness)  
Education Programs (805)543-1825:

- Parents & Teachers as Allies
- Basics for parents and caregivers of adolescents.

Vista Lago Adventure Park (805)710-7970  
Free Financial Coaching (805) 245-9572  
Children's Resource Network (805)709-8673

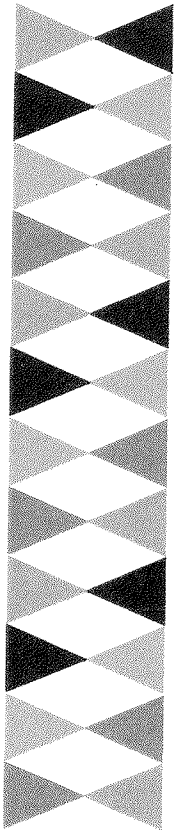
## Phone Apps

- SEESAY (Teen Suicide Prevention)
- 2nd Floor (Youth Helpline)
- Headspace
- Happify
- MY3
- Lantern
- Colorfly
- I Love Hue
- Dtest (Depression)
- ATest (Anxiety)



## Online Resources

- <https://www.nami.org/Find-Support/Teens-and-Young-Adults>
- <https://support.therapytribe.com/teen-support-group/>
- <http://www.goaskalice.columbia.edu/>
- <https://youngwomenshealth.org/>
- <http://youngmenshealthsite.org/>
- <http://keltymentalhealth.ca/youth-and-young-adults>
- <http://teenshealth.org/en/teens/expert/?WT.ac=t-nav>
- <http://teenmentalhealth.org/>
- <https://www.headmeds.org.uk/>
- <https://teenlineonline.org/>
- <https://www.youthbeyondblue.com/>



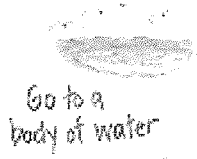
Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Light a candle



REST your legs up on a wall



Let out a sigh



Fly a Kite

Watch the stars



Learn something NEW

Listen to a guided relaxation



Read a Book



# 50 Ways to Take a Break

Sit in NATURE



Write a Letter



2x Move twice as slowly



Take Deep Belly Breaths

MEDITATE



Call a Friend



Meander around Town

WRITE in a journal

Notice your Body



Buy some Flowers



Find a relaxing scent



Walk outside

Go for a run



Take a bike ride



Pet a furry creature

Create your own coffee break



View some ART

Eat a meal in SILENCE

Examine an everyday object with Fresh Eyes



Drive somewhere NEW



Go to a park



Go to a Farmer's Market



Forgive someone



read or watch something FUNNY

COLOR with Crayons



Make some MUSIC



Climb a tree



Let go of something



Engage in small acts of KINDNESS

Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry



Put on some music and DANCE



Give Thanks