



## **Online Resources for Teens and Young Adults with Mental Health Conditions**

**<http://ok2talk.org/>**

Teens and young adults who suffer from mental illness can feel hopeless and alone. Many don't know what's wrong with them but feel like it's their fault. Those who understand what is happening fear they can't be helped. Because of the stigma attached to mental illness, it's often hard for those suffering and their families and friends to talk about what they're going through. But help is available, and it works.

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://www.mentalhealth.gov/talk/young-people/index.html>**

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

- The general public
- Health and emergency preparedness professionals
- Policy makers
- Government and business leaders
- School systems
- Local communities

Content for this website is provided by:

- Centers for Disease Control and Prevention
- FindYouthInfo.gov
- MedlinePlus and National Institutes of Health
- National Institute of Mental Health (NIMH)
- Substance Abuse and Mental Health Services Administration (SAMHSA)

**<http://strengthofus.org/>**

StrengthofUs is an online community designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve their goals through peer support and resource sharing. We believe every young adult deserves to feel hopeful, supported and encouraged to love who they are.

**<http://us.reachout.com/>**

ReachOut is an information and support service using evidence based principles and technology to help teens and young adults facing tough times and struggling with mental health issues. All content is written by teens and young adults, for teens and young adults, to meet them where they are, and help them recognize their own strengths and use those strengths to overcome their difficulties and/or seek help if necessary. The Inspire USA Foundation oversees ReachOut.

Reachout.com has key sections:

1. The Facts provides information on a range of mental health issues
2. Real Stories shares personal experiences with mental health issues from teens and young adults and how they got through these issues
3. Forums provide a safe space to connect with peers for immediate support and information free of judgment
4. ReachOut TXT offers peer support and information via text message from trained teen and young adult volunteers.
5. Get Help provides information about how you might find the help you need
6. Add Your Voice presents opportunities for you to contribute content to ReachOut and <http://strengthofus.org/> have your opinions become part of the larger ReachOut community

**Compiled by Sierra Family Medical Clinic**

**15301 Tyler Foote Rd. Nevada City CA 95959 – Phone: (530) 292-3478  
Fax: 530 292-4296 - Non-secure, non-confidential email: [info@sierraclinic.org](mailto:info@sierraclinic.org)**

**The mission of Sierra Family Medical Clinic, Inc. (SFMC) is to provide quality integrated primary medical, dental, and behavioral health care to all persons of Nevada County and surrounding communities regardless of age, sex, race, color, national origin, religion, disabilities, or ability to pay.**