

Random distractions...

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Inspiring websites...

[TED: Ideas worth spreading](#)

www.ted.com/talks

[DoSomething.org](#) is the country's largest not-for-profit for young people and social change.

[Studentsagainstdepression.org](#)

Offers info, blogs & resources to help find a way forward from low mood or depression.

[Superbetter.com](#)

A tool created by game designers and backed by science to help build personal resilience.

Things I am proud of...

Local youth-friendly Resources:

Children's Center 360-699-2244	Multicultural Mental Health 360-993-3000
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Children's Home Society 360-695-1325	Clark County Crisis Line
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Columbia River Mental Health 360-993-3000	360-695-9560
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Catholic Community Services-Counseling Program	Stepping Stones Grief Counseling 360-696-5120
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360-567-2211	Free Clinic of SW Washington 360-313-1390
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YWCA Sexual Assault Crisis Line 360-696-0501	Sea-Mar Clinic 360-852-9070
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For additional local resources, please call 211.

Support System:

Friend: _____ #: _____

At Home: _____ #: _____

Doctor: _____ #: _____

Counselor: _____ #: _____

Someone who would write a letter of recommendation for me:

Someone who would forgive me if I made a mistake: _____

Write down 5 reasons why you matter!

An inspiring quote, lyrics, or a compliment someone gave me...

Some Places to call for support...

Teen Talk

Call 360.397.2428

Text 360.984.0936

Email ccteentalk1@hotmail.com

Facebook, Instagram, Snapchat and Twitter:

@PeppyPenerson

Clark County Crisis Line

1.800.626.8137

National Suicide Prevention Lifeline

1.800.273.TALK (8255)

Hotline for teens who cut

1.800.DONT.CUT