

Resources



Mental Health Resources (24/7 unless noted)

	Santa Clara County	National
Mental health services	1-800-704-0900 Press 1: Suicide and crisis Press 2: Adult mobile crisis (for 18 and under: (408) 379-9085) Press 3: Urgent care (8am-10pm) Press 4: Referrals Press 5: General information	
Suicide and Crisis Hotline	1-855-278-4204	1-800-273-8255 (connects to County)
Crisis Text Line (English only)	Text RENEW to 741741	Text HOME to 741741
Domestic violence hotline	(408) 279-2962 – Next Door Solutions	1-800-799-SAFE (7233)
Report child abuse and neglect	1-833-SCC-KIDS (1-833-722-5437)	
Emergencies	911 – ask for Crisis Intervention Trained (CIT) officer	
Behavioral health information	www.sccbhd.org	www.SAMHSA.gov
Covid-19 data and information	www.sccphd.org/coronavirus or call 211	www.CDC.gov

Virtual you: Navigating Wellness Online: Virtual Wellness Center providing Engagement, Psychoeducation, Wellness activities for Youth and Young Adults, 12-25 years old

For more information: 408-961-4700

To get started email: Lisa: Lisa.Hameed@hhs.sccgove.org

How to start conversations about mental health

- **Identify your natural supports:** While we hope to normalize discussions about mental health within our families, it's also important to recognize that you may have other natural supports available, such as friends, peers, or supportive mentors. It may be easier to first initiate conversations with these supportive people. The goal is ultimately to increase help-seeking behaviors in whichever method is best and most beneficial.
- **Acknowledge that having conversations about your mental health is scary, but necessary.** There are many fears that one may have approaching their parents to have these conversations, such as that their parents may be disappointed or belittle their experience. If your parents have a negative reaction, that may be a time to turn to other trusted adults or mental health resources. Ultimately, these initial conversations are scary, but as Mental Health America puts it, "the help available is worth it."
- **Recognize cultural stigma.** Many of us come from cultural communities in which mental health may be stigmatized or perceived in negative ways. Part of the way cultural stigma manifests is the lack of language/vocabulary many communities openly have to describe the nuances of mental health. It may be frustrating and scary to communicate your mental health when such stigmas and gaps are present, but initiating these conversations is key to protecting your wellness and normalizing mental health within our communities.

- **Reach out to your other support systems that can help you open these conversations with your parents.** You are not alone in your journey with your mental health. If opening conversations with your parents seems daunting, it may be helpful to contact helplines/local resources or people in your life who can support you through the process.

Mental Health America developed a letter template that might be useful in getting you started:

Dear _____,

For the past (day/week/month/year/_____), **I have been feeling** (unlike myself/sad/angry/anxious/moody/agitated/lonely/hopeless/fearful/overwhelmed/ distracted/confused/stressed/empty/restless/unable to function or get out of bed/_____).

I have struggled with (changes in appetite/changes in weight/loss of interest in things I used to enjoy/ hearing things that were not there/seeing things that were not there/ feeling unsure if things are real or not real/ my brain playing tricks on me/ lack of energy/increased energy/ inability to concentrate/alcohol or drug use or abuse/self-harm/skipping meals/overeating/overwhelming focus on weight or appearance/feeling worthless/ uncontrollable thoughts/guilt/paranoia/nightmares/ bullying/not sleeping enough/ sleeping too much/risky sexual behavior/overwhelming sadness/losing friends/unhealthy friendships/unexplained anger or rage/isolation/ feeling detached from my body/feeling out of control/ thoughts of self-harm/cutting/thoughts of suicide/plans of suicide/abuse/sexual assault/death of a loved one/_____).

Telling you this makes me feel (nervous/anxious/hopeful/embarrassed/ empowered/pro-active/mature/self-conscious/guilty/_____), **but I'm telling you this because** (I'm worried about myself/it is impacting my schoolwork/it is impacting my friendships/I am afraid/I don't want to feel like this/I don't know what to do/I don't have anyone else to talk to about this/I trust you/_____).

I would like to (talk to a doctor or therapist/talk to a guidance counselor/talk to my teachers/talk about this later/create a plan to get better/talk about this more/find a support group/_____) **and I need your help.**

Sincerely,

(Your name_____)

- **What happens after?** Although this differs based on the context of your own family/community, you may feel relieved, assured that you are not carrying the full burden yourself. A next step may include reaching out to mental health services, such as your school counselor, your doctor, or SCC's Virtual You. The process of getting the help that's best for you may take time, but even having those conversations is a very crucial first step. If you get a negative response from a family/community member, think of someone else in your natural support or a mental health resource that could listen and help in a more affirming way.