

# SCOOP FROM YOU(TH) CHALLENGE

## PIECE OF MIND

### ARTIST SUPPORT PACK

Not sure where to start? These websites have helpful info, tips, and tools to support you with your art submission. Just remember, there's a lot more out there, so feel free to explore beyond these lists!

### CREDIBLE SOURCES OF MENTAL HEALTH INFORMATION

- **Centers for Disease Control and Prevention (CDC) Mental Health**
  - Information, data, and tips about mental health, and how to manage your well-being
- **National Institute of Mental Health**
  - Overview of mental health-related topics, the latest mental health research, and fact sheets
- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
  - Information, data, resources, and support for mental health concerns
- **California Department of Public Health (CDPH) Mental Health Awareness**
  - Resources and suggested messaging about mental health
- **It's Up to Us San Diego**
  - Information, resources, and community bulletins about mental health topics that are customized to difference audiences
- **Own Your Mindset**
  - Tips, activities, and resources about mental health designed for youth

### CHALLENGE INFORMATION:

Visit [LiveWellSD.org/ScoopFromYouth](https://LiveWellSD.org/ScoopFromYouth) to learn more and get started!

### HAVE QUESTIONS?

Contact the *Scoop From You(th)* Team at [Engage.BHS@sdcounty.ca.gov](mailto:Engage.BHS@sdcounty.ca.gov)

#GetTheScoop #YouthChallengeSD #SFYCPieceOfMind



## MENTAL HEALTH SERVICES & TOOLS

- 9-8-8 Suicide & Crisis Lifeline
- Never A Bother Youth Suicide Prevention Campaign
- County of San Diego Behavioral Health Services
- San Diego County Office of Education (SDCOE) Mental Health Supports
- Soluna App

## GUIDES ON RESPECTFULLY TALKING ABOUT MENTAL HEALTH

- Framework for Successful Messaging
  - Learn how to develop messages that are strategic, safe, positive, and use best practices to support suicide prevention
- Mental Health and Media: Trauma-Informed Reporting Guide
  - Learn how to responsibly report when it comes to those directly affected, your audience, or yourself
- Talking About Suicide and LGBTQ Populations
  - Learn how to talk about suicide safely and effectively while advancing public discussions about preventing suicide and increasing acceptance of LGBTQ people
- How to Talk About Mental Health
  - Learn about tips that can help normalize conversations surrounding mental health

## TECHNICAL SUPPORT

- Canva's A Beginner's Guide and Design School
- Video File Formats Guide
- Image File Format and File Types Guide
- 5 Simple Ways to Post on Instagram
- How to Post a Video on TikTok