

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 to learn more and get started!

HAVE QUESTIONS?

Contact the *Scoop From You(th)* Team at 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