



MENTAL HEALTH RESOURCE GUIDE



BERKELEY YOUTH



"And Still I Rise"

- Maya Angelou



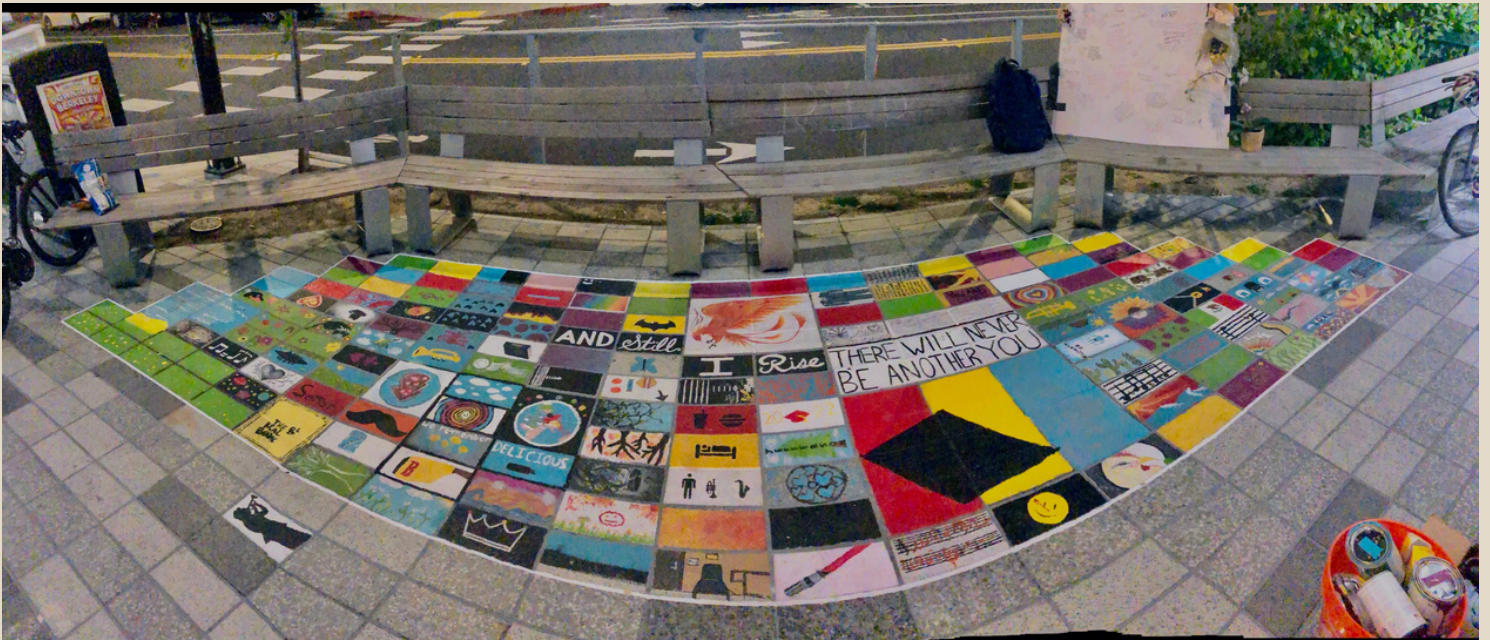




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Hotlines

Nationwide Mental Health Crisis and Suicide Prevention Number

- 9-8-8
- 800-273-8255
- you can call or text
- Auto-directed to a local one based on area code.
- Will call the police if you are a danger to yourself or others.

Trevor Project ★

- **1-866-488-7386**
- thetrevorproject.org
- Support hotline for LGBTQ or GSM youth under 24.
- "If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now."
- Operates 24/7
- Limited to 30 min, you can call back after 30 min.

KEY

- ★ - QUEER &/OR TRANS SPECIFIC
- - POC SPECIFIC

Crisis Text Line:

- **Text HOME to 741741** to get connected to a counselor
- crisistextline.org
- Provides support addressing negative emotions and suicidal thoughts.

Blackline ★●

- **1(800) 604-584**
- Geared towards the LGBTQI, BIPOC community
- Anonymous and confidential line to report negative, physical, and inappropriate contact with police
- Provides immediate crisis counseling



BACKGROUND

HISTORY

In response to a student's death by suicide on April 18th 2022, two deaths of Berkeley High students by gun violence on October 1st 2022, and the rising mental health crisis among youth across the world, five BHS alumni have come together to create a resource packet for struggling youth. Teens are in need of mental health assistance, whether this means individual therapy, group counseling, or even a guide to healthy habits, this resource packet can help.

MISSION

We strive to provide Berkeley youth with accessible mental health resources. Mental health impacts thoughts, behaviors, and emotions. By learning healthy coping mechanisms, and ways in which you can improve your mental health, your outlook on life may improve drastically. This mental health guide is a starting point for those seeking care or to improve their overall well-being.

STATISTICS

Among adolescents aged 12-17 years in 2018-2019 reporting on the past year:

(cdc.gov)

15.7% made a suicide plan.

59.8% of youth with major depression do not receive any mental health treatment



Common Mental Illnesses and Symptoms



MENTAL ILLNESS

A wide range of disorders that impact emotional and mental wellbeing. Many mental illnesses consistently affect mood and emotion.

ANXIETY

Symptoms:

1. Feeling restless, wound-up, or on-edge
2. Being easily fatigued
3. Having difficulty concentrating
4. Being irritable
5. Having headaches, muscle aches, stomachaches, or unexplained pains
6. Difficulty controlling feelings of worry


DEPRESSION

Symptoms:

1. Feelings of sadness, tearfulness, emptiness or hopelessness.
2. Angry outbursts, irritability or frustration, even over small matters.
3. Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports.
4. Sleep disturbances, including insomnia (sleeping too little) or hypersomnia sleeping too much.
5. Tiredness and lack of energy, so even small tasks take extra effort

TRAUMA


A distressing experience that has lasting effects on mental, emotional, and sometimes physical wellbeing





Signs of Emotional Distress



- Struggling to get out of bed in the morning because of mood
 - Having low or no energy
 - Difficulty concentrating
 - Appetite changes that result in unwanted weight changes
 - Having unexplained aches and pains, such as constant stomach aches or headaches
 - Feeling helpless or hopeless
 - Excessive smoking, drinking, or using drugs, including prescription medications
 - Worrying a lot of the time; feeling guilty but not sure why
 - Lack of interest in schoolwork, chores, or other responsibilities
 - Crying spells or bursts of anger
 - Loss of interest in things you usually find enjoyable
 - Inability to perform usual daily functions and responsibilities
 - Thinking of hurting or killing yourself or someone else
- 

Trauma From Gun Violence

Violent deaths (homicide, accidents, suicide) can trigger unique qualities of traumatic grief. With the prevalence of gun violence occurring and shown in the media, it's crucial to understand the effects of these events. The mental health toll does NOT only affect those closest to gun violence.

Some mental health effects of gun violence:

Depressive episodes, anxiety, trauma, post traumatic stress disorder, intrusive thoughts, sleep problems, substance abuse, self harm, and personality changes.

Advice to Parents/ Caregivers

Acknowledge what is happening

- Silence can communicate the idea that its not ok to talk about hard things
- Ask questions like “did you hear about the shooting, what questions or worries do you have?”
- Make sure not to stereotype the perpetrator/make assumptions about the person (Mental health is a good example: 1 in 4 adults experience mental health issues, the majority are not violent.
 - Remind child that there is compassion and care in the world: Emphasize the amount of people who care ex. who took care of the victims.

Provide a sense of safety and security

- Remind them that the adults in their lives are doing everything they can to keep them safe and protected.

Watch out for signs of emotional stress listed above.

Look into getting professional help (Grief counseling, therapy, etc.) 4



Tending to Your Mental Health



Taking Care of Your Body

- Regular Exercise (30 minutes of walking)
- Stay Hydrated:
 - 8x8 rule: drink eight eight ounce glasses of water (even if you don't feel thirsty)
- Eating healthy
 - Eat plenty of fruits and vegetables along with foods rich in omega-3 fatty acids, such as salmon. Dark green leafy vegetables in particular are brain protective. Nuts, seeds and legumes, such as beans and lentils, are also excellent brain foods.
- Sleep (9 hours per night)
 - Create a sleep schedule.
 - Go to sleep and wake up at the same time every night.
 - Lower your usage of screens before bed.
 - Save your bed for sleeping (don't study or work in your bed)



Take Time to Relax

- Meditation
- Breathing exercises
- Yoga
- Reading

Helpful Apps:

- Headspace (free for Berkeley residents)

For Headspace subscription (active until Sept. 30, 2023)

- Scroll down and select Headspace button
- Complete the Headspace sign-up process, enter "Berkeley" and your zip code where you work, live or go to school, and set up your profile.
- link: <https://helpathandca.org/berkeley/#Headspace>

Gratitude

Remind yourself of the things that you are grateful for. Writing them down before bed, or when you get up can be really beneficial.

Connecting with people

Reach out to friends and family who can support you during this process



Advice to Parents

- Listen to your child. Don't brush their feelings or concerns off.
- Respect your child's boundaries. If they don't want to talk about something at that moment, don't force them to.
- Find a good time to bring up the topic.
- Consider suggesting therapy as an option.

Advice to Teachers

- Remind students that their worth doesn't depend on academic performance.
- Try and provide breaks or give extensions on work if asked.
- Remember that not every student is the same. Students are going through different things and can't always work at the same pace.

Types of Therapy

COGNITIVE BEHAVIORAL THERAPY

A form of psychological treatment that is especially effective for substance abuse, anxiety, depression, eating disorders and other severe mental illnesses. Treatment usually involves efforts to change thinking patterns, increase awareness of thought patterns and behaviors, and establish coping mechanisms. Goal-oriented, typically lasts a few months to a year, 'symptom-focused'.

PSYCHODYNAMIC THERAPY

Treatment focuses on the psychological roots of emotional suffering, through self-reflection and self-examination. Explore past difficulties and relationship patterns, understand how personal history influences current mindset, and establish positive relationships.

DIALECTICAL BEHAVIORAL THERAPY

A type of psychotherapy that focuses on mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. It balances acceptance and change, and emphasizes the importance of validating individual's experiences while encouraging personal growth.

WEBSITES WITH MORE INFO

CBT

PSYCHODYNAMIC THERAPY

DBT



Types of Providers

PSYCHIATRIST

MD or DO degree. As medical doctors who studied psychology and physiology, they can diagnose and prescribe medications. Some do therapy as well.

PSYCHODYNAMIC THERAPY

PsyD or PhD degree. No medical degree and therefore can diagnose but cannot prescribe medication. Many do therapy and treatment.

SOCIAL WORKER/COUNSELOR/THERAPIST

Trained to practice therapy. Therapists have clinical experience and can also serve as social workers. On the other hand, social workers don't have clinical experience or a therapist license and therefore cannot work as therapists.

PEER COUNSELOR

No degrees, trained to provide counseling. Cannot diagnose or prescribe.

SPECIALIZATIONS AND DEGREES

LSW: Licensed Social Worker

LCSW: Licensed Clinical Social Worker

DSW: Doctorate in Social Work

MFCC: Marriage, Family, and Child Counseling

LMFT: Licensed Marriage and Family therapist

MFT: Marriage and Family therapist

For more information, visit this QR code (NAMI):
or visit our website.



Therapy Centers

KEY

- ★ - Queer &/or trans specific
- - POC specific
- - low income/sliding scale
- ✓ - Accept Medi-Cal

Life Stance

- Find a Therapist or Psychiatrist Near You
- Clinicians include psychiatrists, psychologists, and licensed therapists.
- Offers both in-person and telehealth appointments,
- Book by phone: 925-282-1778
- Insurance: Aetna, Anthem Blue Cross of CA, Cigna, MHN, Optum
- lifestance.com

National Queer and Trans Therapists of Color Network



- Search tool to find QTPOC therapists.
- Our overall goal is to increase access to healing justice resources for QTPOC.
- Search for therapists by entering your zip code.
- nqttcn.com
(if you are directed to the home page, click on mental health directory)

Peacock Rebellion (QTPOC)



- They provide lists of Queer POC therapists in your city.
- Cities: Berkeley, Oakland, Richmond, San Francisco, San Jose
- lgbtqpsychotherapistsofcolor.com

Hume Center ■✓

- MediCal and Medicare Sliding scale.
- 1-510-745-9151
- special consideration for the under- and un-served, through practicing an enabling consultation process.

Blue Oak Therapy Center ■

- \$35 - \$90 per session
- 1-510-649-9818
- 3101 Telegraph Ave,
Berkeley 94705
- Accepts video/phone call therapy
- Fees may be partially covered by some insurance plans. Check with your insurance provider to find out if you qualify under your plan.

Open Path Psychotherapy Collective ■

- Sessions between \$30 and \$60
- openpathcollective.org/city/berkeley/
- nonprofit serves clients who lack health insurance or whose health insurance doesn't provide adequate mental health benefits.

The Pacific Center★

- 1-510-548-8283
- \$45-162
- 2712 Telegraph Ave,
Berkeley 94705
- Public mental health support for LGBTQ+
- 4 free youth groups

The Wright Institute ★■●

- \$25-75 per session
- (510) 923-2241
- 1918 University Avenue
Berkeley 94704
- Only communicates over phone call.
- Group rate is \$12 per session. The initial intake session for all new and returning clients is a non-refundable flat fee of \$30.
- Does not currently accept Medi-Cal insurance.
- *Lower fees can be negotiated on a case-by-case basis.

Access Institute ■

- Income based sliding scale
- (415) 861-5449 x380 (x324 for Spanish).
- 110 Gough St, San Francisco 94102
- info@accessinst.org
- Provides care to people of all ages with the greatest need and least access to care.
- In person only
- Intakes 10-15 mins over the phone
- 2 weeks call return.



Psychology Today

- Therapy Directory Website
- Can search by insurance, issues, gender, therapy type, age, price, etc.

Bay Psychiatric Associates

- Accepts insurance
- 2020 Milvia St Berkeley 94704
- 1-510-843-2220
- Psychiatry available

Mind Path Health ■✓


- Many locations throughout CA: SF, Berkeley, Oakland
- Psychiatry Available

Berkeley Therapy Institute

- 1-510-841-8484
- All clinicians are able to offer teletherapy or telemedicine.
- Psychotherapy, ADHD program, medication consultation, psychiatric treatment
- 1749/1748/1801 Martin Luther King Jr. Way, Berkeley, CA 94709 / 2196 Union St. San Francisco, CA. 94123
- Monday-Friday
- 8:30am-5:30pm
(Administrative Office Hours: Monday-Friday 8:30 am – 12:30 pm • 1:30 pm – 5:30 pm)
- Psychiatry available



Berkeley Youth Alternatives ■✓

- 5108459010
 - Counseling Center
 - Serves youth ages 6- 24
 - Sliding Scale, Insurance, Court Referrals
 - 1255 Allston Way, Berkeley
- 



Resources for Undocumented Youth

United We Dream

- <https://unitedwedream.org/our-work/undocuhealth-wellness/>
- Call: (844)-363-1423
- Text: 877877
- Has directory for therapists + a lot more resources

Immigrants Rising Mental Health Connector

- provides undocumented people with psychological support
- mentalhealth@immigrantsrising.org
- <https://immigrantsrising.org/mental-health-connector/>