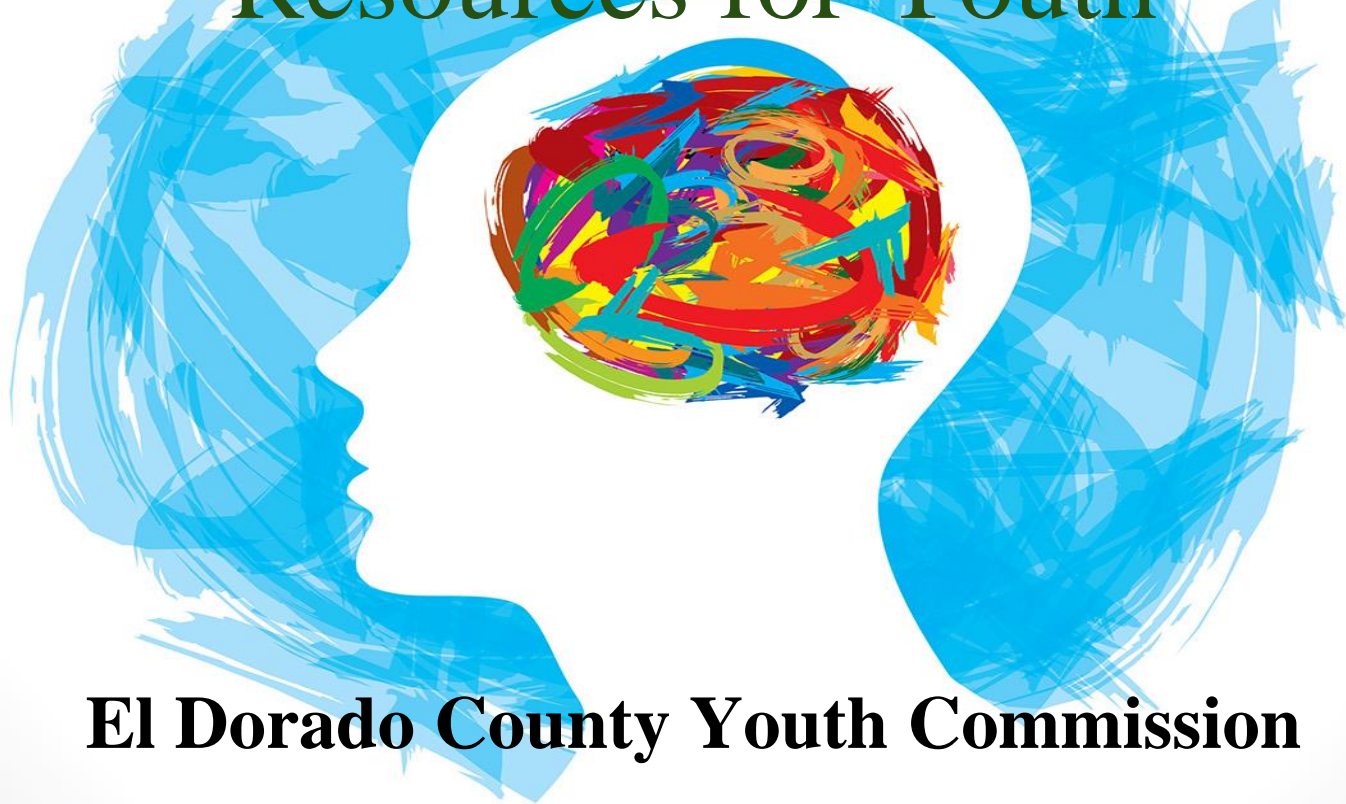


Mental Health Resources for Youth



El Dorado County Youth Commission



Mental health

is the psychological, social and emotional well-being of a person. It affects a person's ability to think, feel, and act. It helps determine how we make choices, relate to others, and handle everyday demands.

Drugs & Substance Abuse

Phone Addiction

WELL-BEING
MENTAL HEALTH FIRST AID
amh WORK LIFE BALANCE
works **STRESS AWARENESS**
MENTAL HEALTH
POSITIVE SUPPORT **AWARENESS**
PERSONAL RESILIENCE
EMPOWERMENT CONFIDENCE
SAFETALK PRODUCTIVE
MINDFUL MANAGER
ENJOYMENT FULFILMENT
PROSPERITY
RESILIENT LEADER
ENCOURAGEMENT

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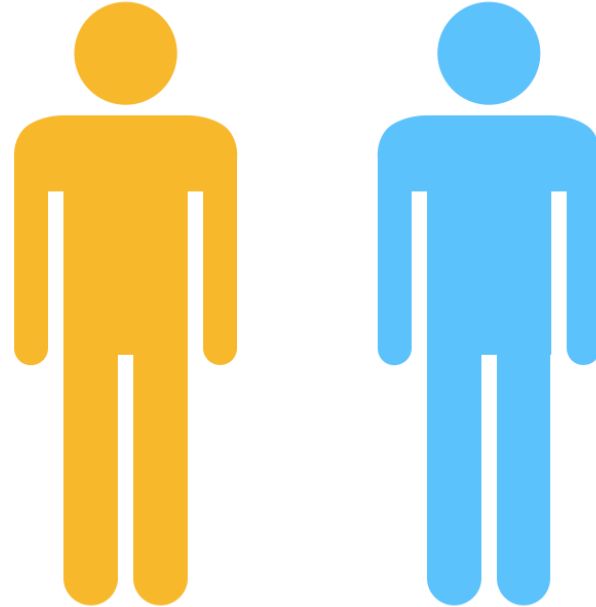
Domestic Violence

Suicide

Phone Addiction

1 in 2

Teens feel they are addicted to their smartphone. 59% of parents think so too.



Common Sense Media

Substance Abuse

- 44% of driving fatalities in 2016 involved alcohol.
- 21% of residents report heavy drinking in 2015 report.



Domestic Violence

- **40% of females in California have experienced domestic violence at one point in their lives.**



2011 California Healthy Kids Survey

Percent of students responding that they had “Seriously considered attempting suicide in the past 12 months.”

- **19% of Grade 9**
- **17% of Grade 11**



What We Are Doing to Help



YOUTH COMMISSION

[About](#) [Suicide](#) [Drugs / Substance Abuse](#) [Domestic Violence](#) [Technology Addiction](#)



SUICIDE

You're not alone. Click the button

SUBSTANCE ABUSE

Treatment is available. Click the

DOMESTIC VIOLENCE

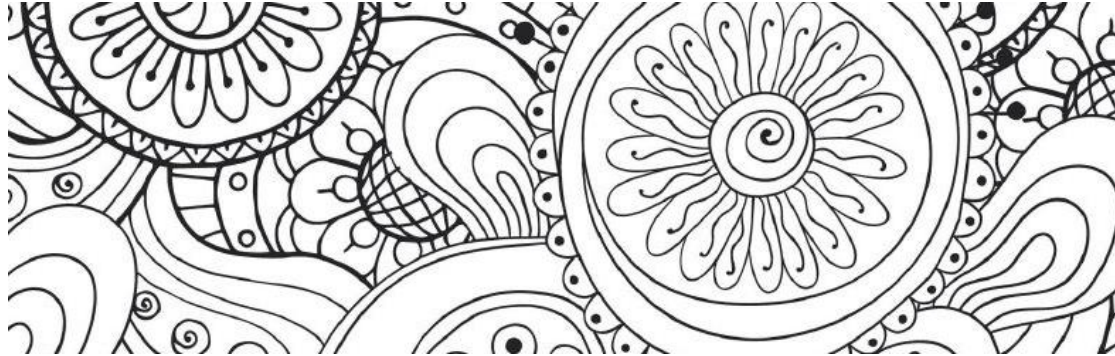
There is a path to safety. Click the

Bookmarks

Student Mental Health Resources
El Dorado County Youth Commission
ychealth.weebly.com



"A Healthy Outside Starts from a Healthy Inside." -Robert Urich





Thank You

Sources

Slide 2:-

<https://www.governmentjobs.com/jobs?keyword=mental%20health>

Slide 3:

Slide 4:-<https://www.medicalnewstoday.com/articles/320183.php> -
<http://www.health.com/anxiety/cell-phone-addiction>

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