

YOUTH TOWN HALLS SPONSORED BY
CHILDREN'S NATIONAL HOSPITAL

COVID-19 & BEYOND SERIES

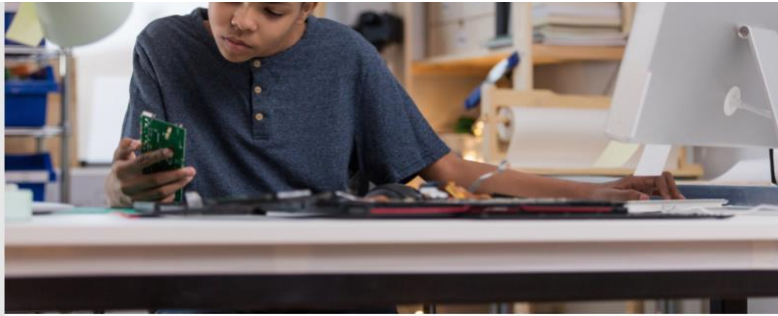
Mental Health, Primary Care and Reproductive Health Resources for Teens – December 2020

Mental Health Supports

- Access Services and Supports
 - The Mental Health [Access HelpLine](#) is a 24-hour, seven-day-a-week telephone line is staffed by health professionals who can refer a caller to immediate help or ongoing care. The Access Helpline can activate mobile crisis teams to respond to adults and children who are experiencing a psychiatric or emotional crisis. To access these services, call **1-888-793-4357 (1-888-7WE-HELP)**.
- Learn about Mental Health
 - [EverFi Mental Wellness Basics](#): A free online mental health course for students in grades 8, 9 and 10 available by contacting Teagan Seeley (tseeley@everfi.com)
 - [Teen Mental Health](#)
- Resources to help with anxiety, stress and sleep
 - [Finding a New Normal](#) resources for teens video series
 - [Vibrant/Safe Space](#) – simple tools to help with coping, relaxation, distraction, and positive thinking
 - Free apps: [Headspace](#); [Breathr](#); [MindShift](#); [My Life](#)
 - Safety planning: [My3](#)
- Social supports
 - [Self-Care for Teens during COVID-19](#)
 - LGBTQIA+ resources - [Born This Way](#)
 - [SMYAL](#)

Primary Care Access

- [Navigation Tool for Youth and Families in DC Moving from Child to Adult Public Program Services](#). This tool can be used as a starting point to learn about specific agencies, program eligibility, documentation requirements, and services.



YOUTH TOWN HALLS SPONSORED BY
CHILDREN'S NATIONAL HOSPITAL

COVID-19 & BEYOND SERIES

Reproductive and Sexual Health

- Sex Is... <http://sexisd.org/> DC Health campaign that encourages open, honest, and judgment-free conversations about sex and sexual health
- Rights, Respect, Responsibility (3Rs) Advocates for Youth Sexual Health Education - <https://3rs.org/3rs-curriculum/>
- DC Campaign to Prevent Teen Pregnancy resources on minors' health rights and adolescent bill of rights: <https://dccampaign.org/teens/>
- DC Public Schools (DCPS) Sexual Health Services Guide for Students: https://dcps.dc.gov/sites/default/files/dc/sites/dcps/publication/attachments/SHS%20Brochure_FINAL.pdf
- DCPS New Heights Program for Expectant and Parenting Teen: <https://dcps.dc.gov/sites/default/files/dc/sites/dcps/publication/attachments/New%20Heights%20Brochure%20Final%2007%2019%2017.pdf>
- Teen Parents Healthy Generations at Children's National Hospital – Resources and services for parenting teen, expecting teens, dads and babies. Join weekly virtual teen health sessions on Wednesdays @12pm and Thursdays @4pm: Call 202-476-6923 for more information
- Children's National Hospital Reproductive Health Case Manager – Text 202-780-6703 for questions about birth control, schedule an appointment and locate community resources
- Follow Instagram sites: **@newheights_teens @FreeCondomsDC @WrapMC**
- Website: <http://www.stayteen.org/>
- Website: <http://www.sexetc.org/>

COVID-19 Pandemic Reminders

- Wear your masks
- Wash your hands with soap and water or sanitize with at least 60% alcohol-based sanitizer
- Stay at least 6 feet apart or more away from others

For additional resources and information visit the Children's National [Coronavirus \(COVID-19\) website](#) and follow our Instagram site: @covid_and_beyond