



Well Being Trust Mental Wellness School Toolkits Resources for teens

Your teenage years can be exciting, but we know they can be just as stressful. In the same way we think about our physical health, we need to think about our mental health too. Included in this mental wellness toolkit is a wide range of resources to help you #BeWell.

To us, being well means putting our mental and physical health first. It means asking for help when we need it. It means saying something when we don't feel ok. And it means learning how to cope, so that we can all realize our own potential. Come tell us in social media what being well means to you by using the hashtag #BeWell.

Self care

We know life can get super busy, and we have to make time to care for ourselves too, especially when feeling overwhelmed. Click [here](#) for some strategies to keep good care of yourself physically, mentally, and socially.

Coping with stress and anxiety

Some stress and anxiety is too be expected, but if it's all starting to feel like just too much, take a look at these resources on [managing stress](#) and [coping with anxiety](#).

A healthy social life

We all feel good when we're around other people. Even though relationships are important part of our mental wellness, that doesn't mean they can't be stressful and frustrating themselves. Browse through [these resources](#) to find out how to deal with everything from arguments with friends and parents, to breakups and bullying.

Consent

We all have the right to decide if, when, and how anyone else gets to touch us. Read [this](#) for some important thoughts about consent.

LGBTQ+

We all need to be true to ourselves! And sometimes trying to figure out our own identity can be pretty hard. Follow [this link](#) to find a basic mental health guide for LGBTQ+ youth.

Make your own mental health crisis kit

When things get tough, sometimes having a collection of comfy and encouraging items on hand can help us cope. Read [this guide](#) on making a crisis kit of your own.

Teen Line

Teen Line knows teens, and [here](#) you will find a number of great Teen Line resources on a range of topics, including eating disorders, dating violence, substance abuse, self injury, and suicide prevention.

Myths versus facts

There are a lot of myths out there about mental illnesses, but the reality is mental health struggles are far more common, and treatable than stigma makes them out to be, and people who struggle with mental health are just as productive as anyone else. Learn the real facts [here](#).

Videos

Take a few minutes and watch one or both of these powerful videos. First is [Alone](#), from Mid-Valley's Suicide Coalition. Next is Logic's music video for [1-800-273-8255](#).

Podcasts

There are so many great podcasts all about mental health and wellness. Check out [these podcasts](#) if you want to learn more about mental health, if you're looking for inspiration, or even if you just want to be entertained (there's some pretty funny stuff on this list).

Getting help

If you need to talk to someone, there are people who want to listen. Reach out to one of the organizations below:

[Oregon YouthLine](#)

[National Suicide Prevention Lifeline](#)

[Teen Line](#)

[Crisis Text Line](#)

And if you are in need of social resources, please look [here](#).

Join the conversation about mental health online by using the hashtags #BeWell and #BeHeard. Whatever you're feeling, you're not alone.