

# WORKSHOP RESOURCES:

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## Tam Resources:

- **Tam Counselors** - personal counseling, guidance in current academic and post high school planning, tier 1 support through presentations, small group, email, and college/career. All of our counselors are highly skilled clinicians and people your teen can feel safe going to.
- **BACR at Tam** - Licensed and intern level clinicians working with individuals and groups using a brief model of therapy -for both crisis and ongoing services
- **Wellness Coordinator** - services and programming to begin in Fall of 2017
- **Peer Resource** – Class at Tam that trains peer advocates and health educators to support and educate peers/youth about health and wellness issues on campus
- **ASB Leadership** - The Associated Student Body (ASB) Leadership Council works to create an open, inviting, spirited environment and a fun and memorable experience for the entire Tam student body.
- **Social Issues Class** - 9th grade curriculum focusing on health and wellness and healthy decision making
- **Link Crew** - Help incoming 9th grade and new students with transition to school and adjustment to social and academic environment
- **Peer Mentoring** - Trained juniors and seniors matched 1:1 with identified at risk students to teach skills to help these students manage academic and emotional challenges throughout the year

**\*This list is only a sampling of the many resources available at Tam for student support**

## Community Resources:

- Suicide Prevention Hotline:**415- 499-1100**
- Crisis Text Line: **741-741**
- Psychiatric Emergency Services at Marin General **415-473-6666**
- Marin Mobile Crisis Team (available 1-9pm) **415-473-6392**
- Go to **www.tamdistrict.org/wellness** to find hotline info and free, low cost and sliding scale health, mental health, substance use/abuse and sexual health services for teens in Marin County.

## iSupport – Phone Apps

- MY3 App
- You are Important (LGBTQ)
- Suicide Safety Plan
- Lifebuoy
- Calm in the Storm
- Mindshift
- Relax Melodies
- Thought Diary
- Stop, Breathe & Think