

Healing-Centered Arts Practices for Building Communities of Wellness

Creative Wellbeing Resources

Visit <https://www.lacountyartsedcollective.org/initiatives/creative-wellbeing> to access:

- Curriculum Guide
- Evaluation Reports and Data Dashboard
- Link to Wellbeing4LA Learning Center where Creative Wellbeing delivers live virtual sessions year-round, and a library of session recordings (create a free account to access site)

Additional Arts Resources

- Stitch: <https://www.lacountyartsedcollective.org/introducing-stitch>
- Creative Careers Online: <https://creativecareers.gladeo.org/>
- Arts Internship Program (college students): <https://www.lacountyarts.org/opportunities/arts-internship-program-students/about-arts-internship-program-students>
- LA County Bloomberg Arts Internship Program Interest Form (high school): https://docs.google.com/forms/d/e/1FAIpQLScpYzAnFGaupV-forAq9me48eBNPInRdAkO5vY7e0_WT6Nxtg/viewform
- Arts and Healing Initiative: <https://artsandhealinginitiative.org/>
- Arts for Healing and Justice Network: <https://ahjnetwork.org/>
- TEAL: Technology Enhanced Arts Learning Project: <https://teasel.org/>
- LACMA's A No-Cost Introduction to Arts Integration: A course for K-12 Teachers: <https://lacma.teachable.com/p/an-introduction-to-arts-integration>
- LACMA's Postcards from LA art project and curriculum: <https://storymaps.arcgis.com/stories/1ec8dab0f3384835b5fa9bf985916afa>
- Contra Tiempo's Roots of Loving Us: <https://www.contra-tiempo.org/rootsoflovings>

Mental Health and Crisis Resources

*you don't have to personally be in crisis to call the helplines, you can call to get guidance for how to support family/friends, etc.

- Teen Line
 - Text TEEN to 839863 or call 1-800-852-8336
 - Staffed by Teens for Teens
 - Calls from 6-10PM; chats, email, texts from 6-9PM
- 988 Suicide and Crisis Lifeline
 - Simply call or text 988, available 24/7, 365-days-a-year
- Never at Bother Campaign: <https://neverabother.org/>
- Imi/LGBTQIA+ resources: <https://imi.guide/>
- LGBTQ+ Resources for teens: <https://www.qchatspace.org/Learn-More/LGBTQ-Resources>
- Soluna: Confidential support for 13- to 25- year-olds in California. No cost: <https://solunaapp.com/>
- Cal-HOPE BrightLife Kids: No-cost virtual behavioral health coaching and digital resources for all California kids 0-12. Create and account here: <https://www.hellobrightline.com/brightlifekids-partners/>

