

Safer Sacramento Youth represents a multi-agency county partnership that is working to provide a welcoming and inclusive online space. The goal is to empower teens and young adults with reliable information and to raise awareness about mental health, substance use, and well-being.

MENTAL HEALTH

- Stigma
- Depression & anxiety
- Loneliness & isolation
- Relationships
- Trauma
- Coping strategies
- Peer pressure

WELL- BEING

- Self-care
- Habit building
- Nutrition & exercise
- Sleep health
- Communication
- Social media
- Time-management

SUBSTANCE USE

- Short-term risks
- Long-term effects
- Stigma
- Harm-reduction
- Overdose & poisoning
- Specific substances



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