

Perfect Chaos

We are a daughter (Linea) and mother (Cinda) team with a shared purpose of building hope and lessening the stigma for those struggling with mental health conditions. We provide information and insight to teachers, counselors and health professionals in their work and mostly to the brave people and their families that struggle with mental health conditions every day. Look for our book *Perfect Chaos* (Saint Martins Press), May 2012 in book stores near you or visit us on our website at www.lineacinda.com.



Here is a very short list of some of our favorite youth resources:

- www.thebalancedmind.org/flipswitch Flipswitch is dedicated to helping teens & 20s understand depression and bipolar disorder. Flipswitch not only provides resource information for all teens and young adults, but also provides relevant podcasts, insightful quizzes and its much acclaimed “For Girls Only” resource.
- us.reachout.com Reach Out is an information and support service using evidence based principles and technology to help teens and young adults struggling with mental health issues. Audio and video stories share personal experiences with mental health issues from teens and young adults and how they got through those issues.
- www.halfofus.com Half Of Us is a joint campaign launched by mtvU and the Jed Foundation to raise awareness about the prevalence of mental health issues on campus and connect students to the appropriate resources to get help.
- www.transitionyear.org Transition Year is an online resource center to help parents and students focus on emotional health before, during and after the college transition.
- www.activeminds.org Active Minds is an organization working to utilize the student voice to change the conversation about mental health on college campuses. By developing and supporting chapters of a student-run mental health awareness, education, and advocacy group on campuses, the organization works to increase students’ awareness of mental health issues, provide information and resources regarding mental health and mental illness, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community.
- www.thetrevorproject.org The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.
- <http://strengthofus.org> Strength of Us is a social networking site for young adults to share their thoughts about what its like to live with a mental illness while simultaneously learning great new skills from topics such as “educating yourself”, “taking charge”, and “on our own”.
- www.whatadifference.samhsa.gov A chat site for young adults living with mental health problems and to friends of those living with mental health problems. The forums provide a means to share experiences, ask questions and find answers.

Please visit our personal mental health website:

www.lineacinda.com

for even more great resources!