

Resources

[Amador Tuolumne Community Action Agency](#)

[Tuolumne County Community Resources Booklet](#)

[114 Coping Strategies](#)

[Mental Health Support Guide Brochure](#)

[Self-Care & Mindfulness Activities](#)

[Teen Guide to Mental Health](#)

[Tuolumne County Private Therapy List](#)

[Tuolumne Me-Wuk Indian Health Center](#)

[Indieflix Angst Resources](#)

[Tuolumne County Behavioral Health Brochure](#)

[Raising Healthy Families Program](#)

[Mental Health Thrival Kit](#)

[Tackling the Bullying Issue](#)

[CA Surgeon General's Playbook: Stress Relief for Caregivers and Kids During Covid-19](#)

["Angst: It Gets Better" Free Film Series](#)

[Stress and Anger Management Workshops](#)