



PARENTS ANONYMOUS®

Asking for Help is a Sign of Strength.®

United Mental Health Promoter Calling all Peer Parents, Children and Youth!



About Us!

The United Mental Health Promoters aim to empower and strengthen communities with the aim to link peers in the community to ongoing supports and services including but not limited to Mental Health Services, Housing Resources, Food & Clothing Resources.

We Support Parents, Children and Youth In Your Community!

- Ages Birth to Five
- Transitional Aged Youth (TAY) 18-24.
- LAC DCFS/Juvenile Justice Involved
- Seniors 65+
- Unhoused Population
- LGBTQ+
- And Other At-Risk Populations.

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We Provide Peer Support in A Variety of Areas!

- Leadership Development
- Educational Workshops (Psychoeducation, Health & Nutrition, Financial Literacy)
- Learning Coping Skills
- Peer Parent & Peer Youth Led Focus Groups
- Interactive Healing Activities (Art, Dance, Drumming Circles, Animal Therapy, etc.)
- Community Resource Linkage



California Parent & Youth Helpline®
855-427-2736
8am-10pm Everyday

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Call or Text
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Call or Text
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