



Welcome to the Foster Youth Wellness Website

This site is designed to help foster youth and the adults in their lives learn more about pursuing wellness by providing links to youth friendly wellness resources. Here you'll find links to interactive tools, youth friendly websites, hands-on tools and worksheets, videos, articles, and more. All resources may be downloaded for personal use or educational purposes by foster youth and their adult allies.



Eight Dimensions of Wellness*

money – gaining independence, getting a job, managing money and credit, accessing supports and resources

career – exploring occupations, getting your education, making school work for you, planning for college, getting career skills

places – knowing where you live, getting places, taking charge of your personal space, connecting with nature

relationships – understanding relationships, getting involved with someone, communicating respect, expanding your social circle, connecting with trusted adults

body – eating healthy, being active, sleeping well, getting comfortable with your body, seeing your doctor

emotions – accepting your feelings, handling negative thoughts, building self-esteem, managing stress, practicing relaxation

mind – appreciating how your mind works, engaging your brain, thinking through problems, setting and achieving goals

spirit – connecting to more than self, exploring your spirituality, clarifying your values, finding your purpose

* The Eight Dimensions of Wellness model is based on the Wellness Initiative put forth by the federal Substance Abuse and Mental Health Services Administration (SAMHSA), which had been adapted from: Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29 (4) 311- 314. The Eight Dimensions of Wellness, as presented in this website, have been modified to reflect the needs of youth in foster care.

Need Help Now?

IN AN EMERGENCY: Dial 911

California Youth Crisis Line: 1-800-843-5200

Connecting youth to trained counselors and local services, 24 hours a day, 7 days a week

Your Life Your Voice: 1-800-448-3000

Crisis Text Line: send text to **741 741**

Quick Links

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Know Your Rights!

If you have questions about your rights or need help with other issues while you are in foster care, please contact the Office of the Foster Care Ombudsperson.

Foster Care Ombudsperson

1-877-846-1602 (toll-free helpline)

fosteryouthhelp@dss.ca.gov

- [California Foster Youth Rights Web Page](#)
- [Foster Youth Mental Health Bill of Rights](#)
- [Know Your Sexual and Reproductive Health Care Rights](#)

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