



"Project Safety Net mobilizes community support and resources in Palo Alto for youth suicide prevention and mental wellness. We are a coalition working on community education, outreach, and training; access to quality youth mental health services; and policy advocacy."

**Youth Mental Wellness Through and Past COVID-19:
Tackling Stress, Burn-out, and Communication Challenges
June 18, 2020 at 3:30 – 5:00 pm**

Youth Steering Committee Members

Thank you to 17 members of the Youth Steering Committee for planning and organizing the 6/18 Youth Convening event.

Abigail Milne, she/her – Woodside Priory High School junior; TLAB

Angel Nowsu, she/her – Gunn High School second-year; TLAB

Anya Lassila, she/her

Christina Chen, she/her – PAUSD alum; UC Berkeley-UCSF MS/MD graduate student

Erica Cardozo, she/her – Archbishop Mitty High School senior; Mental health advocate

Grace Williams, she/her – Rhodes College 2nd year undergrad; past ROCK Leader

Gwyn Wong, she/her

Hanna Suh, she/her – Gunn High School alum; Project Oyster

Hannah Zhang, she/her – Gunn High School junior; YCS-YCI

Helena Cirne, she/her – Columbia University 2nd year undergrad; past ROCK Leader

Kate Williams, she/her – Gunn High School senior; Wellness Commissioner & Current ROCK President

Kelly Yu, she/her

Langston Wu, he/him – Gunn High School junior; TLAB

Phoebe Kim, she/her – Palo Alto High School junior; BC2M and YCS-YCI

Meghna Singh, she/her – University of Michigan 2nd year undergrad; past ROCK Leader

Shannon Yang, she/her – University of Oxford 2nd year undergrad

Vardaan Shah, he/him – Gunn High School alum; Project Oyster



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With guidance from our supportive partners and PSN Leadership.

Jimmy Nguyen, he/him – YCS-[Youth Connectedness Initiative](#) Youth Program Coordinator

Molly Wallner, she/her – Teen Librarian, City of Palo Alto Library and [Mental Health booklist suggestions](#)

PSN Leadership

Paco Lopez, he/him – High School Pastor, Peninsula Bible Church

Jasmine Lopez, she/her – Coordinator, Santa Clara County Suicide Prevention Program

Lisa Miller, she/her – Program Manager, Counseling and Support Services for Youth

Mary Gloner, she/her – Executive Director, Project Safety Net

Organizations mentioned:

City of Palo Alto Library's [Teen Library Advisory Board](#) (TLAB)

Bring Change to Mind (BC2M) – Palo Alto High School, Palo Alto

[Project Oyster](#)

[Reach Out, Care, Know](#) (ROCK) – Gunn High School, Palo Alto

[Youth Community Service](#) – Youth Connectedness Initiative (YCS-YCI)