



NATIONAL RESOURCE GUIDE

- **SAMHSA's National Helpline**
 - 1-800-662-HELP (4357)
 - This is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- **Suicide Prevention Lifeline**
 - Call 988, or send a text message to: 838255
- **Veterans Crisis Line**
 - Call 988, and press #1., or send a text message to: 838255
- **Native American Mental Health Resources (Each Mind Matters)**
 - <https://www.emmresourcecenter.org/resources/mental-health-support-guide-native-families>.
- **The Trevor Project**
 - Call (866) 488- 7386, or text "Start" to 678-678.
 - Is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.
- **Youth Crisis Line (Text/talk/chat)**
 - Call: (800) 843-5200
- **Mental Health America**
 - 24/7 Text Line - Text "MHA" to 741741
- **211**
 - 2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, 7 days a week. To contact 2-1-1 in any state, including California, simply dial the numbers 2-1-1 from any phone..
- **HelpGuide**
 - <https://www.helpguide.org/>
 - HelpGuide's mission is to help people understand, prevent and resolve many of life's challenges by providing knowledge and hope. The website provides comprehensive information for mental and emotional health.
- **Beyond Blue**
 - <https://www.beyondblue.org.au/>
 - This website provides very comprehensive information on depression, anxiety and bipolar disorder, as well as a special section on postnatal depression.



NATIONAL RESOURCE GUIDE: ***TEEN EDITION***

- **Crisis Text Line.** Visit: www.crisistextline.org/ or Text "START" to 741-741
- **Suicide Prevention Lifeline.** Call 988, or send a text message to: 838255
- **The Trevor Project.** Call (866) 488- 7386, or text "Start" to 678-678.
 - This is world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.
- **Youth Crisis Line (Text/talk/chat).** Call: (800) 843-5200
- **StopBullying.Gov.** <https://www.stopbullying.gov/resources/teens>
 - This website offers resources specifically for teens to prevent bullying in their schools and communities and provides resources for those being bullied.
- **Teens Against Bullying.** <https://www.pacerteensagainstbullying.org/>
 - Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, take action, be heard, and own an important social cause.
- **Love is Respect.** Visit www.loveisrespect.org/, text "LOVEIS" to 22522, or call 1-866-331-9474.
 - Here, you can talk with a peer advocate to prevent and end abusive relationships.
- **National Eating Disorder Association.** Visit www.nationaleatingdisorders.org/ or call 1-800-931-2237
- **Go Ask Alice!.** www.goaskalice.columbia.edu
 - Geared at young adults, this question and answer website contains a large database of questions about a variety of concerns surrounding emotional health.
- **Center for Young Women's Health and Young Men's Health**
 - www.youngwomenshealth.org and www.youngmenshealthsite.org
 - These websites provides a series of guides on emotional health, including on test anxiety, depression, bullying, and eating disorders.
- **Reach Out.** <http://au.reachout.com/>
 - This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips on how to relax.
- **Teens Health.** http://teenshealth.org/teen/your_mind/
 - Providing a safe place for teens who need honest and accurate information, this website provides resources on mental health issues.
- **HelpGuide.** <https://www.helpguide.org/>
 - HelpGuide's mission is to help people understand, prevent and resolve many of life's challenges by providing knowledge and hope. The website provides comprehensive information for mental and emotional health.