

National Resources

If you or someone you know needs help immediately, please call 9-1-1

Popular Resources

National Suicide Prevention Lifeline: (988) 273-8255 or visit www.suicidepreventionlifeline.org

Crisis Text Line: Text "MHFA" to 741741 or visit www.crisistextline.org

Give Us the Floor - #ByTeens4Teens: Visit www.giveusthefloor.org

Go Ask Alice!: Visit www.goaskalice.columbia.edu

Teens Health: Visit www.teenshealth.org/teen/your_mind

National Alliance on Mental Health: Visit www.nami.org

JED Foundation Instagram/Facebook - Helping a Friend Online: visit www.jedfoundation.org

National Child Traumatic Stress Network: Visit www.nctsn.org

Finding a Mental Health Professional – Start by talking to your parent/caregiver. School counselors, nurses, social workers and other staff may be available to meet with you or your friend to find the appropriate help. They can discuss the situation with you and if needed, make a referral to additional resources in the community. If you feel there is no one to help you, visit www.samhsa.gov/find-help or www.thenationalcouncil.org/providers to seek additional assistance.

AIDS/HIV, Sexuality & Sexual Health Resources

The Trevor Project: LGBTQ+ Community (866) 488-7386 or Text "START" to 678678 or visit www.thetrevorproject.org

Youth Aids Coalition: Visit www.youthaidscoalition.org

American Sexual Health Association: Visit www.ashastd.org

My Kid is Gay - Helping Families Understand Their LGBTQ Kids: visit www.mykidisgay.com

Planned Parenthood: (800) 230-7526 or visit www.plannedparenthood.org

Trans Lifeline: (877) 565-8860 or visit www.translifeline.org

Bullying and Cyber-Bullying Resources

CyberTipline: (800) 843-5678 or visit www.cybertipline.com

Stop Bullying: Visit www.stopbullying.gov

NoPlace4Hate: Visit <https://www.noplace4hate.org/help-hotlines>

Stomp Out Bullying: Visit <https://www.stompoutbullying.org/>

Grief and Loss

Family of Fallen Heroes (TAPS): (800) 959-8277 or visit www.taps.org

Baby Loss: (513) 607-6083 or visit www.heavensgain.org

Alcohol & Drug Resources

Substance Abuse and Mental Health Services Administration: Visit www.samhsa.gov

National Institute on Drug Abuse for Teens: Visit <https://teens.drugabuse.gov>

Partnership for Drug Free Kids - How to use Naloxone to Reverse Opioid Overdose: Visit <https://drugfree.org/article/overdose-response-treatment>

Teens Health - Vaping & What You Need to Know: Visit <https://kidshealth.org/en/teens/e-cigarettes.html>

Al-Anon/Alateen: (888) 425-2666 or visit www.al-anon.alateen.org/index.php

National Institute on Alcohol Abuse: Visit www.niaaa.nih.gov

The Recovery Village: (844) 245-5066 or visit <https://www.therecoveryvillage.com/teen-addiction/related/hotlines/>

National Drug Hotline: (844) 289-0879 or visit <https://drughelpline.org/teens/>

Human Trafficking

National Human Trafficking Hotline: (888) 373-7888 or Text "Help" to 233733 or visit www.humantraffickinghotline.org

Without Homes and Runaways

Boys Town National Hotline: (800) 448-3000 or visit www.boystown.org/hotline

National Runaway Safeline: (800) 786-2929 or Text 66008 or visit www.1800runaway.org

Eating Disorder Resources

National Association of Anorexia Nervosa and Associated Disorders: (888) 375-7767 or visit www.anad.org

National Eating Disorders Association: (800) 931-2237/text or visit www.nationaleatingdisorders.org

Overeaters Anonymous: (505) 891-2664 or visit <https://oa.org/>

The Recovery Village: (844) 245-5066 or visit <https://www.therecoveryvillage.com/mental-health/eating-disorders/related/eating-disorder-hotlines/>

School Violence

National Center for Mental Health Promotion and Youth Violence Prevention: Visit <http://www.promoteprevent.org>

SPEAK UP: (866) 773-2587 or visit <http://www.bradycampaign.org/our-impact/campaigns/speak-up>

Teen Pregnancy & Parenting

American Pregnancy Association: (800) 672-2296 or visit www.americanpregnancy.org

Planned Parenthood: (800) 230-7526 (For routing to local resources) or visit www.plannedparenthood.org

Postpartum Support International: (800) 944-4773/text or visit <http://postpartum.net>

Birthright International: (800) 550-4900 or visit www.birthright.org

Rape, Sexual Violence, and Domestic Violence

Childhelp USA National Child Abuse Hotline: (800) 422-4453 or visit www.childhelpusa.org

Love Is Respect, National Teen Dating Abuse Helpline: (866) 331-9474 or Text "loveis" to 22522 or visit www.loveisrespect.org

National Domestic Violence Hotline: (800) 799-7233 or visit www.ndvh.org

Rape, Abuse, and Incest National Network: (800) 656-4673 or visit www.rainn.org

Safe Horizon's Rape, Sexual Assault & Incest Hotline: <http://www.safehorizon.org> or

Domestic Violence Hotline: (800) 621-4673

Crime Victims Hotline: (866) 689-4357

Rape, Sexual Assault & Incest Hotline: (212) 227-3000

TDD phone number for all hotlines: (866) 604-5350