

Resources for Teens & Young Adults



24-hour CRISIS HELP

[Suicide Prevention Lifeline](#) - 800-273-8255
[Boys Town](#) - Spanish & translation available
[Crisis Connections](#) - 866-427-4747
[Crisis Text Line](#) - Text 'HEAL' to 741741
[Crisis Lines by County](#)
[National Help Line](#) - 800-662-HELP

CONNECT WITH A PEER

- [Teen Link](#) - 1-866-833-6546 - Talk with a trained teen 6-10 pm. [Where to Turn](#) - Teen Resource Guide

BIPOC / EQUITY / LGBTQIA+

- [Black Lives Matter at School](#) - NEA / BIPOC youth text STEVE to 741741 / [LGBTQ+ Guide](#) - [Be True Be You](#)
- Gender identity - [Reach Out](#) / GSAs, policies, curriculum & educator support in schools - [GLSEN](#)
- [Trevor Project](#) / [Meet LGBTQ Friends](#) / [Trans Lifeline](#) / [It Gets Better](#) / [Lambert House](#) (ages 11-22)
- [We R Native](#) - Text "NATIVE" to 97779 - [You are Not Alone Native Network](#) / Youth Webinars - [Tele-Native](#)

BULLYING / EATING DISORDERS

- Bullying/Cyberbullying and what your school can do - [Teens Against Bullying](#) / [Stopbullying.gov](#)
- Eating Disorders - Info, forums & ways to get involved - [Proud2Bme](#) & [Proud2Bme Activist Guide](#) - [NEDA](#)

MENTAL HEALTH / MINDFULNESS / GRIEF

- [COVID & Mental Health](#) / [Mindfulness for Teens](#) - Guided meditations, Mindful Teen book, mobile apps
- [Teenage Grief Sucks](#) - Teen-run website having conversations about grief / [When a Friend Dies](#)
- [Transitioning out of High School](#) - JED / [Know Before You Go](#) - Teen Mental Health.org
- [Your Life Your Voice](#) - Real advice for real situations on all sorts of topics. Text, call, chat, get tips, mood app

RELATIONSHIPS / SEXUAL ASSAULT / SHELTER / SOCIAL MEDIA

- [Domestic Violence Hotline](#) - 1-800-799-7233 / [RAINN - Sexual Assault Hotline](#) - 800-656 HOPE (4673)
- Everyday issues & trending topics - [Reachout](#) / Removing online videos/pictures - [Needhelpnow.ca](#)
- [Love is Respect](#) - Chat, text, quiz - Text "loveis" to 22522 / [Pressure to be Perfect](#) & [Seize the Awkward](#) - JED
- [Support on Social Media](#) - Worried about someone on social media? Reporting to supporting tips - NSPL
- [Safe Place](#) - Don't feel safe? Get shelter and resources. Text "SAFE" + current location to **4HELP (44357)**

SUBSTANCE USE / STRESS / GAMBLING

- [NIDA for Teens](#) - National Drug/Alcohol Facts Week, Kahoot, social media campaigns, out of school activities
- [Recovery Helpline WA State](#) - 1-866-789-1511. Opioid/other drug abuse, mental health, problem gambling
- Stop Overdose - [Good Samaritan Law](#) / [Your Life Your Voice](#) - Mood app, tips for tough situations
- [Vaping Cessation Coaching](#) - 1-800-QUIT- NOW / [Aspire MDAnderson](#) - Online cessation. [About Marijuana](#)