

MENTAL HEALTH & CRISIS RESOURCES



TEXT



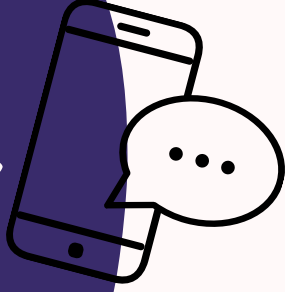
CALL



ONLINE CHAT

NATIONAL CRISIS TEXT LINE (24H)

TEXT 988.
TO SPEAK DIRECTLY
WITH A COUNSELOR
OF COLOR YOU CAN
TEXT STEVE TO
741741.



CLICK THE NAMES OF RESOURCES
TO SEE THEIR WEBSITES!

THE TREVOR PROJECT LGBTQIA+ 24H SUICIDE HOTLINE + RESOURCES

866-488-7386



NATIONAL SUICIDE 24H PREVENTION LIFELINE

988



LGBT NATIONAL YOUTH TALKLINE

800-246-7743



TRANS LIFELINE (24H)

CALL (877) 565-
8860



TEEN LINE

TALK TO A TRAINED
TEEN COUNSELOR
(800) 852-8336
6PM TO 10PM PST



CALL BLACKLINE (24H)

(800) 604-5841.
AIDING BIPOC AND
LGBTQ+ BIPOC
THROUGH ABUSE,
CRISIS, AND
MISTREATMENT.



The Hamilton Lab at Rutgers
thehamiltonlab.org
@the_hamilton_lab



CHILDHELP NATIONAL
CHILD ABUSE 24H
HOTLINE

CALL/TEXT:
1-800-4-A-CHILD
(1-800-422-4453)





NATIONAL SEXUAL
ASSAULT 24H
HOTLINE

800-656-HOPE
(4673)



SAFE PLACE (24H).

GET INFO ON A SAFE PLACE FOR YOUTH NEAR YOU. TEXT THE WORD "SAFE" AND YOUR CURRENT LOCATION (ADDRESS, CITY, STATE) TO 4HELP (44357) OR GO ONLINE



PSYCHOLOGY TODAY

FIND DETAILED LISTINGS FOR MENTAL HEALTH PROFESSIONALS IN THE US.

TEEN MENTAL HEALTH

THIS WEBSITE PROVIDES LEARNING TOOLS ON A VARIETY OF MENTAL ILLNESSES AND RESOURCES TO HELP YOURSELF AND FRIENDS.

#CHATSAFE

A YOUNG PERSON'S GUIDE FOR COMMUNICATING SAFELY ONLINE ABOUT SUICIDE.

SELF-INJURY &
RECOVERY RESOURCES
(SIRR).

THIS WEBSITE PROVIDES RESOURCES AND LINKS TO INFORMATION ABOUT SELF-INJURY.

MENTAL HEALTH
AMERICA

THIS WEBSITE HAS ONLINE SCREENERS (FOR DEPRESSION, ANXIETY, AND MORE) AND RESOURCES FOR LIVING WITH MENTAL ILLNESS.



HGAPS HIGH SCHOOL
MENTAL HEALTH
RESOURCES

THIS PAGE PROVIDES MANY MENTAL HEALTH RESOURCES FOR TEENS.

