

IT'S REAL:

TEENS AND MENTAL HEALTH

Resources for Yourself and Your Friends

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Veterans: Press 1

Crisis Text Line

Text TALK to 741741 to text with
a trained counselor for free

The Trevor Project

TrevorLifeline: 1-866-488-7386

Text START to 678-678

TrevorChat: [thetrevorproject.org](https://www.thetrevorproject.org)

notOK App

[notokapp.com](https://www.notokapp.com)

Substance Abuse and Mental Health Services Administration

[samhsa.gov](https://www.samhsa.gov)

Helpline: 1-800-662-HELP (4357)

National Eating Disorders Association

Helpline: 1-800-931-2237

Chat: Via [myneda.org](https://www.myneda.org)

TWLOHA

Connect to mental health resources in your community
[twloha.com/find-help](https://www.twloha.com/find-help)

RAINN

National Sexual Assault Hotline

Lifeline: 1-800-656-4673

Chat: Via [hotline.rainn.org](https://www.hotline.rainn.org)

National Alliance on Mental Illness

[nami.org/Your-Journey/Teens-Young-Adults](https://www.nami.org/Your-Journey/Teens-Young-Adults)

Seize the Awkward

[seizetheawkward.org](https://www.seizetheawkward.org)

@seizetheawkward

