

MENTAL HEALTH RESOURCES: TEENS & ABUSE

National Suicide
Prevention Lifeline
1-800-273-8255 or
text HOME to
741741

TEEN MENTAL HEALTH

This website provides learning tools on a variety of mental illness, videos, and resources.

(Youth Empowerment & Support)
Run by scientists at Stony Brook University with the goal to give teens (ages 11-17) a chance to learn about new ways of dealing with stress while helping other teens to do the same.

PROJECT YES

Provides information about six federal programs available for youth facing homelessness.

YOUTH.GOV

The “Your Feelings” section of this website offers guidance to teen girls by recognizing mental health problems, getting help, and talking to parents.

GIRLSHEALTH

CHILDHELP NATIONAL ABUSE HOTLINE

Confidential hotline for anyone experiencing child abuse and/or seeking resources, information, and referrals to thousands of emergency social services and support resources (24/7 hotline: 1-800-422-4453).

Text “LOVEIS” to 22522 to chat with a peer advocate about dating violence. Advocates offer support and education to teens, young adults, and concerned family/friends.

LOVE IS RESPECT