

# YOUTH MENTAL HEALTH RESOURCES

## HELPLINES -----

- **Crisis Text Line:**
  - Text "START" to 741741
- **988 Suicide & Crisis Lifeline:**
  - Call or text 988
- **The Trevor Lifeline:** (for LGBTQIA+ youth)
  - Call 866-488-7386
  - Text "START" to 678-678
- **National Eating Disorder Association:**
  - Call 1-800-931-2237
- **SAMHSA's National Helpline:** (behavioral health and substance use resources and info)
  - Call 1-800-662-4357
- **Disaster Distress Helpline:** (crisis counseling related to disasters)
  - Call 1-800-985-5990

## FINDING TREATMENT -----

- **[Findtreatment.gov](https://www.findtreatment.gov)**
  - Online database for finding behavioral health treatment services (for mental health or substance use)
- **[211.org](https://www.211.org)**
  - Online database with a bounty of resources for anything you might need, in your area

## INFORMATION -----

- **Kelty Mental Health Resource Center:** [keltymentalhealth.ca/youth-young-adults](https://keltymentalhealth.ca/youth-young-adults)
  - Reference sheets are provided that list top websites, books, videos, toolkits and support for mental health disorders.
- **Teens Health:** [Teenshealth.org/en/teens/your-mind/](https://teenshealth.org/en/teens/your-mind/)
  - Providing a safe place for teens who need honest and accurate information, this website provides resources on mental health issues.
- **The Trevor Project:** [thetrevorproject.org](https://thetrevorproject.org)
  - Resources for LGBTQIA+ Youth
- **Mindfulness for Teens:** [Mindfulnessforteens.com](https://mindfulnessforteens.com)
  - This website has free resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings.