

NATIONWIDE TEEN RESOURCE GUIDE

CRISIS RESOURCES

- **National Suicide Prevention Hotline:** Call 1-800-273-TALK (8355)
*Open 24 hours a day, seven days a week
- **Crisis Text Line:** Text "HOME" to 741741
*Open 24 hours a day, seven days a week
- **The Trevor Project:** Call 1-866-4-U-TREVOR (488-7386)
A crisis and suicide prevention hotline for lesbian, gay, bisexual, transgender and questioning (LGBTQ+) youth. *Open 24 hours a day, seven days a week

FOOD RESOURCES

- **The National Hunger Hotline:** Call 1-866-348-6479 to be connected with food pantries and programs for access to healthy, nutritious food.
*Open from 6am-9pm EST
- **National Eating Disorders Association Helpline:** Call or Text 1-800-931-2237 to talk or chat with a professional for support, resources, and treatment options for yourself or a loved one.

SHELTER RESOURCE

- **National Runaway Safeline:** Call 1-800-RUNAWAY (786-2929)
A hotline for teenagers who are thinking of running from home, have a friend who has run and needs help, or if you are away and want to get home.

RELATIONSHIP/ASSAULT RESOURCES

- **Love is Respect:** Call 866-331-9474 to speak with a professional and ask any questions you may have about dating and relationships.
- **National Teen Dating Abuse Hotline:** Call 1-866-331-9474: a hotline for teens and young adults involved in dating abuse relationships to receive support, resources, information, and advocacy.
- **National Sexual Assault Hotline:** Call 1-800-656-HOPE (4673) to connect with professionals who can provide resources, support, and advocacy to survivors of sexual assault.

HEALTH RESOURCES

- Build up a strong foundation of mental health and learn coping skills with the YMCA's *Dinner Table Resilience* series. To view this series, scan this code with your phone or visit laxymca.org/dinner-table-resilience.



- To find a list of lots of great health resources (mental health, sexual health, and other general resources), scan this code with a phone camera or visit nml.gov/mar/guides/consumer-health/teens.



WAYS TO CONTACT RESOURCES:

- **Go** to your local libraries, schools, hospitals, spiritual centers, and other local county resources **OR**
- **Search** resources for (your need) in (your city) online **OR**
- **Ask** people you trust to help you find what you need