

project well-z's *youth resource catalog*



table of contents

a message from our team	3
crisis	3
eating disorder	4
substance use/abuse	5
depression	5
anxiety	6
youth of color	6
LGBTQ+ youth	6

a message from our team

dear pwz community,

as you know, we're on a mission to provide generation z with the mental health resources we all deserve.

maybe mental illness is a taboo topic in your household.

maybe your location or socioeconomic status make it difficult to reach the tools you need.

maybe your school's curriculum doesn't include mental health education, so you feel lost if you (or someone you love) are in need of support.

whatever your reason may be, we're here to provide you with a comprehensive list of helplines, textlines, apps, and more to aid you through your own mental health journey.

we acknowledge that the issues that brought us to this point as a generation are systemic and complex, and that we won't be able to solve them all overnight.

but, by sharing with you the resources we know every gen-z'er should have, regardless of who they are, where they're from, or how they look, we'll build our collective power and come one step closer to a more inclusive and empathetic future.

crisis

- *National Suicide Prevention Hotline: 988*
- *Crisis Text Line: text HOME to 741-741*
- *NAMI HelpLine: 1-800-950-NAMI (6264) or helpline@nami.org from 10 AM to 10 PM*
- *National Domestic Violence Hotline: 800-799-SAFE (7233)*
- *National Sexual Assault Helpline: 800-656-HOPE (4673) [Online Hotline](#)*
- *Hopeline-speak to a trained volunteer: 877-YOUTHLINE*
- *Hopeline teen-to-teen counseling: 877-YOUTHLINE*
- *Boys and Girls Town - 24/7 access to a trained counselor:*
 - *Call 800-448-3000*
 - *Text HELP to 20121*
 - *Email hotline@boystown.org*
- *National Youth Crisis Hotline: 1-800-448-4663*

eating disorder

- *National Eating Disorders Association-call or text 800-931-2237*
- *National Association of Anorexia Nervosa and Associated Disorders: 1-630-577-1330*

- *Overeaters Anonymous - go to www.oa.org to find in-person, online, and telephone meetings with other people who struggle with their relationships with food and their bodies*

substance use/abuse

- *National Domestic violence hotline: 800-799-7233*
- *Childhelp National Child Abuse Hotline: 1-800-422-4453*
- *Substance Abuse and Mental Health Services Administration: 1-800-662-HELP (4357)*

depression

- *National Hopeline Network: 1-800-SUICIDE (784-2433)*
- *National Suicide Prevention Lifeline: 1-800-273-TALK (8255)*
- *National Youth Crisis Hotline: 1-800-448-4663*
- *Samaritans: 1-877-870-4673*
- *Geared towards youth*
- *Child Help USA Hotline: 1-800-422-4453*

anxiety

- *My Life My Voice (from Boys Town): mood-tracking app with tips on identifying triggers and dealing with stress*
- *7 Cups-connection-based app offering virtual support groups and one-to-one listeners to help you talk out your struggles*

COVID-related:

- *Coming soon!*

youth of color

- *The Steve Fund- support for young people of color: 908-367-3374*
- *The Safe Space - a mental health app geared toward the Black community w/ informative resources and tips (available on Apple + Android)*
- *We R Native- health resource for Native Youth, by Native Youth*

LGBTQ+ youth

- *The Trevor Project-support for LGBTQ+ youth: 866-488-7386 OR text START to 678-678*
- *Trans Lifeline: 877-565-8860*

- *LGBT National Youth Talkline: 1-800-246-7743*

- *Monday-Friday: 4 p.m.-12 a.m. EST*
- *Saturday: 12 p.m.-5 p.m. EST*

➔ share your own resources at

https://docs.google.com/forms/d/e/1FAIpQLSe1BXXCVtblq44v9ZB_o9Pd1sPOUN3u5OY0hX2pkrBixCu19A/viewform