

Suicide Prevention Resources for Youth & Young Adults

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online [chat](#) option is available.

[How to Make a Safety Plan](#)

[Find a Therapist or Support Group](#)

[Read Stories of Hope & Recovery](#)

Crisis Text Line

Text HOME to **741741** from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

The Trevor Project

The Trevor Project offers accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text.

You Matter

You Matter is a safe space for youth to discuss and share stories about mental health and wellness, created and administered by the National Suicide Prevention Lifeline. You Matter blog posts are written by a rotating Blogger Council of individuals between the ages of 13-24 that are passionate about suicide prevention and mental health.

Seize the Awkward

Having a conversation about mental health might be uncomfortable, but it can make all the difference. Check out these online tools – from conversation guides to tips – that can help you help those in need. Hear [real stories](#) from celebrities and influencers like Billie Eilish, Aminé, and Tyler Posey share their stories about how talking with friends about their mental health made an impact.

[Mental Health is Health](#)

“Mental Health is Health” is an MTV Entertainment Group initiative rooted in the reality that we all have mental health and need to take care of it like we do our physical health. The initiative aims to normalize conversation, create a connection to resources and inspire action on mental health.

[Now Matters Now](#)

We have had suicidal thoughts and emotions and problems that felt unsolvable. Here are our stories, including research based ways for managing the most painful moments of life. We teach Mindfulness, Mindfulness of Current Emotion, Opposite Action and Paced-breathing.

[ULifeline](#)

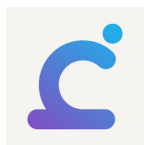
ULifeline is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding emotional health.

Cell Phone APPS:



[Calm – An app to calm your mind and help you meditate, sleep, relax and breathe.](#)

The #1 app for Sleep, Meditation and Relaxation, with over 100 million downloads and over 1.5M+ 5-star reviews and is dedicated to adventures in mindfulness, the power of a good night's sleep, and cultivating a healthier and happier life.



[Calm Harm](#)

Calm Harm provides tasks to help users resist or manage the urge to self-harm. The app contains five categories to help you fight the urge to self-harm. Each category includes five to 15 minute activities. These activities turn users' attention to healthier ways to handle emotions and impulses.



MindDoc: Your Companion

MindDoc is a leading monitoring and self-management app for promoting emotional well-being and coping with such mental illnesses as depression, anxiety, insomnia, and eating disorders. MindDoc can be used by itself for prevention or self-help, or as a part of treatment with a mental health practitioner.



Headspace is a startup with one simple goal: Make meditation accessible to everyone.



Wellness Recovery Action Plan

Whatever your goals or challenges, WRAP can help you make a plan that really works, with results you can really see. With WRAP, you can discover simple, safe, and effective tools to maintain wellness; develop a daily plan to stay on track with your life goals; identify what throws you off track and develop a plan to keep moving forward; and gain support and stay in control even in a crisis.



Superbetter – Game app with points for taking care of yourself

SuperBetter builds resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most.

General Resources:

[U.S. Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

[Suicide Prevention Resource Center](#)

The Suicide Prevention Resource Center (SPRC) is the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA).

[Youth.gov](#)

youth.gov is the U.S. government website that helps you create, maintain, and strengthen effective youth programs. Included are youth facts, funding information, and tools to help you assess community assets, generate maps of local and federal resources, search for evidence-based youth programs, and keep up-to-date on the latest, youth-related news.

[American Association of Suicidology \(AAS\)](#)

The membership of AAS includes mental health and public health professionals, researchers, suicide prevention and crisis intervention centers, school districts, crisis center volunteers, survivors of suicide loss, attempt survivors, and a variety of laypersons who have an interest in suicide prevention.

[National Institute of Mental Health \(NIMH\)](#)

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS).

The Jed Foundation

Transitioning into adulthood can bring big changes and intense challenges. The Jed Foundation (JED) empowers teens and young adults with the skills and support to grow into healthy, thriving adults.

Active Minds

Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for young adults. Through education, research, advocacy, and a focus on young adults ages 14–25, Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States.

American Foundation for Suicide Prevention (AFSP)

Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. AFSP is dedicated to saving lives and bringing hope to those affected by suicide.