

Mental Health Resources Online

Chatlines/Phone Help:

- **24 hour SF Suicide Prevention Line:** [\(415\) 781-0500](tel:4157810500)
- **Lifeline Crisis Chat:** If you are struggling with self-harm, or having suicidal thoughts, Text CONNECT to 741741 or visit www.crisischat.org/ to chat with crisis centers around the U.S.
- **Love is Respect:** Visit www.loveisrespect.org/, text "LOVEIS" to 22522, or call 1-866-331-9474 to talk with a peer advocate to prevent and end abusive relationships
- **National Eating Disorder Association:** Visit www.nationaleatingdisorders.org/ or call 1-800-931-2237
- **National Suicide Prevention Lifeline :** Visit www.suicidepreventionlifeline.org/ or call 1-800-273-TALK (8255)
- **The Trevor Project:** Suicide prevention/mental health hotline for LGBTQ teens: <https://www.thetrevorproject.org/> 1-866-488-7386

Online Resources:

- **Center for Young Women's Health and Young Men's Health:** These websites provides a series of guides on emotional health, including on test anxiety, depression, bullying, and eating disorders. www.youngwomenshealth.org and www.youngmenshealthsite.org
- **Go Ask Alice!:** Geared at young adults, this question and answer website contains a large database of questions about a variety of concerns surrounding emotional health. www.goaskalice.columbia.edu
- **Girls Health.Gov:** The "Your Feelings" section of this website offers guidance to teenage girls on recognizing a mental health problem, getting help, and talking to parents. <http://girlshealth.gov/feelings/index.html>
- **Jed Foundation:** Promoting emotional health and preventing suicide among college students, this website provides an online resource center, **ULifeline**, a public dialogue forum, **Half of Us**, and **Transition Year**, resources and tools to help students transition to college. <http://www.jedfoundation.org/students>
- **Reach Out:** This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips on how to relax. <http://au.reachout.com/>
- **Teens Health:** Providing a safe place for teens who need honest and accurate information, this website provides resources on mental health issues. http://teenshealth.org/teen/your_mind/
- **Teen Mental Health:** Geared towards teenagers, this website provides learning tools on a variety of mental illnesses, videos, and resources for friends. <http://teenmentalhealth.org/>
- **Mindfulness for Teens:** This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings. <http://mindfulnessforteens.com/>