

MENTAL HEALTH RESOURCES for TEENS

1. [The National Suicide Prevention Line](#). This hotline provides free, confidential support 24/7 to people in distress across the United States.
CALL 988
Previous: **1-800-273-TALK (8255)** still in service
2. [The SAMHSA Helpline](#). SAMHSA's National Helpline is a free, confidential information service that provides treatment and support referrals 24/7 to people facing mental illness and addictions. Call **1-800-662-HELP (4357)** for support.
3. [Crisis Text Line](#). Crisis Text Line provides free, confidential support via text message 24/7 to those in crisis situations. **Text HOME to 741741** for support.
4. [The Trevor Project](#). The Trevor Project provides free, confidential support 24/7 to LGBTQ youth via a helpline, text and online instant messaging system. **CALL 1-866-488-7386** for support. **TEXT START 678-678** [Chat online](#)
5. [The LGBT National Help Center](#) – call **1-888-843-4564**. Open to callers of all ages. Provides peer-counseling, information, and local resources.
6. [LGBT National Coming Out Support Hotline](#) - call 888-OUT-LGBT (888-688-5428)
7. [Trans Lifeline](#) – call 1-877-565-8860 for a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs community members might have
8. [UV WISE](#) CRISIS LINES - Need help or feel unsafe in a relationship?
CALL:866-348-9473 **TEXT:** 603-836-9472

Mental Health & Community Resources

SUICIDE PREVENTION/CRISIS LINE - 24/7	988
WISE - unsafe relationship or sexual assault support free and confidential	CALL: 866-348-9473 TEXT: 604-836-9472
SAMHSA CRISIS HELPLINE - 24/7	1-800-662-HELP (4357)
Nation Alliance on Mental Illness - NH For Resources	1-800-242-6264
Crisis Text Line 24/7	Text HOME to 741741
Trevor Project - LGBTQIA+ Youth Helpline 24/7 LGBTQ young people can connect to a crisis counselor 24/7/365 from anywhere in the U.S. It is 100% confidential and 100% free.	1-866-488-7386 Text START to 678-678
LGBT National Help Center 24/7	1-888-843-4564
LGBT National Coming Out Support Hotline	888-OUT-LGBT (888-688-5428)
Trans Lifeline 24/7 - support for trans youth	1-877-565-8860