

Mental Health and Crisis Resources

National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255)

Visit <https://suicidepreventionlifeline.org/>

The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week

Crisis Text Line

Text HOME to 741741

Visit <https://www.crisistextline.org/>

The Crisis Text Line provides free, 24/7 mental health support via text message

Your Life, Your Voice

Call 1-800-448-3000

Text VOICE to 20121

Visit <https://www.yourlifeyourvoice.org/pages/home.aspx>

The Boys Town National Hotline is a toll free number available to kids, teens and young adults at any time. Please contact us if you're depressed, contemplating suicide, being physically or sexually abused, on the run, addicted, threatened by gang violence, fighting with a friend or parent, or if you are faced with an overwhelming challenge. Call, text, chat, or email all available via the website.

The Trevor Project

Call (866) 488-7386

Text 'Start' to 678 678

Visit <https://www.thetrevorproject.org/> for Chat

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people

Trans Lifeline

Call (877) 565-8860

Visit <https://translifeline.org/>

Trans Lifeline provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people.

Love is Respect

Call 1-866-331-9474

Text "LOVEIS" to 22522

Visit www.loveisrespect.org for Chat

Love is Respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.

A project of the National Domestic Violence Hotline, Love is Respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. We also provide support to concerned friends and family members, teachers, counselors, and other service providers through the same free and confidential services via phone, text, and live chat.

RAINN (Rape, Abuse & Incest National Network)

Call 1-800-656-HOPE (4673)

Visit <https://rainn.org/> for Chat

RAINN is the nation's largest anti-sexual violence organization and leading authority on sexual violence. We are a dynamic organization of experts in victim services, public education, public policy, consulting services, and technology. Our team works together to provide best-in-class services for survivors, inform and educate the nation about sexual violence, and improve the public policy and criminal justice response to sexual violence.

National Eating Disorder Association

Call (800) 931-2237

Monday—Thursday 11am—9pm ET

Friday 11am—5pm ET

Text (800) 931-2237

Monday—Thursday 3pm—6pm ET

Friday 1pm—5pm ET

Crisis Text Line

Text "NEDA" to 741741

If you are in a crisis and need help immediately, text the crisis line to be connected with a trained volunteer. Crisis Text Line provides free, 24/7 support via text message to individuals who are struggling with mental health, including eating disorders, and are experiencing crisis situations.

Visit <https://www.nationaleatingdisorders.org/> for chat

Monday—Thursday 9am—9pm ET

Friday 9am—5pm ET

NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care

National Runaway Safeline

Call 1-800-RUNAWAY (1-800-786-2929)

Visit <https://www.1800runaway.org/> for Chat

NRS provides free services to youth in crisis aged 12 to 21. We hear from young people who are at home and simply need somewhere to turn for advice, and also we connect with youth who have runaway or were kicked out of their home and are now couch surfing, living in their car or staying in shelters or on the street.

211

Call 211

211 is the most comprehensive source of information about local resources and services in the country. Most calls, web chats, and text messages are from people looking for help meeting basic needs like housing, food, transportation, and health care.

Helpful Websites

National Alliance on Mental Illness (NAMI)

<https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>

Find resources for youth, including information on managing your mental health in college and making friends.

Go Ask Alice!

<https://goaskalice.columbia.edu/>

Geared at young adults, this question and answer website contains a large database of questions about a variety of concerns surrounding emotional health.

Reach Out

<https://au.reachout.com/>

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.

Society for Adolescent Health and Medicine

<https://www.adolescenthealth.org/Home.aspx>

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx>

The Society for Adolescent Health and Medicine promotes positive youth development, illness prevention, achievement of individual potential and a sense of physical, mental, and social well-being.

Help Guide

<https://www.helpguide.org/home-pages/teen-issues.htm>

A non-profit health organization that believes that everyone facing mental and emotional health challenges deserves to have access to free, unbiased information without being pressured by special interests or corporate sponsors.

Human Rights Campaign

<https://www.hrc.org/>

<https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth>

The Human Rights Campaign strives to end discrimination against LGBTQ+ people and realize a world that achieves fundamental fairness and equality for all.

The Boston Alliance of LGBTQ+ Youth (BAGLY)

<https://www.bagly.org/>

A youth-led, adult-supported organization committed to social justice, and creating, sustaining and advocating for programs, policies and services for the LGBTQ+ youth community.

Gender Spectrum

<https://genderspectrum.org/>

A global online community for gender-expansive teens, their families and support professionals to connect, collaborate and find resources.

GLAD LGBT Youth Resource List

<https://www.glad.org/overview/youth-organizations/massachusetts/>

GLBTQ Legal Advocates & Defenders (GLAD) works in New England and nationally to create a just society free of discrimination based on gender identity and expression, HIV status, and sexual orientation.

Kelty Mental Health Resource Center

<https://kelymentalhealth.ca/youth-young-adults>

Reference sheets are provided that list top websites, books, videos, toolkits and support for mental health disorders

Advocacy

Active Minds

<http://activeminds.org/>

The leading nonprofit that empowers college students to speak openly about mental health, Active Minds aims to educate others and encourage help-seeking.

Gay, Lesbian & Straight Education Network (GLSEN)

<http://www.glsen.org/>

GLSEN is the leading national education organization focused on ensuring safe schools for all students. This website provides resources on finding GSA Chapters, and tools on how to establish or reestablish a GSA.

StopBullying.Gov

<http://www.stopbullying.gov/>

This website offers resources specifically for teens to prevent bullying in their schools and communities and provides resources for those being bullied.

Teens Against Bullying

<http://www.pacerteensagainstbullying.org/>

Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, take action, be heard, and own an important social cause

Advocates for Youth

<https://www.advocatesforyouth.org/>

Advocates for Youth works alongside thousands of young people here in the U.S. and around the globe as they fight for sexual health, rights, and justice.

NAACP

<https://naacp.org/>

They work to disrupt inequality, dismantle racism, and accelerate change in key areas including criminal justice, health care, education, climate, and the economy.