



Teen Mental Health Resource Guide



Crisis & Emergency Help

If you or someone you know is in **immediate danger**, please call 911 or go to the nearest emergency room.



24/7 Crisis Lines

- **988 Suicide & Crisis Lifeline**
 - 📞 Call or text **988**
 - 💬 Chat: 988lifeline.org
 - *Free, confidential support for anyone in distress.*
- **Crisis Text Line**
 - 📱 Text **HELLO** to **741741**
 - *Connect with a trained crisis counselor instantly.*
- **The Trevor Project (LGBTQ+ Youth)**
 - 📞 1-866-488-7386
 - 💬 Text **START** to 67867
 - 🌐 Chat: thetrevorproject.org



Mental Health Apps (Free or Low-Cost)

- **Calm Harm:** Helps you manage self-harm urges
- **Moodpath (now MindDoc)** : Mood tracker + mental health support
- **Headspace (has student plans)** – Guided meditations and sleep help
- **Youper** – Emotional health assistant powered by AI



Therapy & Support Services

- **Teen Line**
 - 📞 1-800-TLC-TEEN (1-800-852-8336)
 - 💬 Text **“TEEN”** to **839863**
 - *Teens helping teens, nightly 6–10pm PT*

- **BetterHelp for Teens**
 -  betterhelp.com
 - *Online therapy with licensed counselors. Scholarships are sometimes available.*
- **Open Path Collective**
 -  openpathcollective.org
 - *Affordable therapy options starting at \$30–\$60/session.*
- **Inclusive Therapists**
 -  inclusivetherapists.com
 - *Find therapists that match your culture, identity, and needs.*



When You're Just Feeling Off

You don't need to be in crisis to ask for help. These places can support you when you're sad, anxious, overwhelmed, or just not feeling like yourself.

- **Seize the Awkward** – seizetheawkward.org
 - *Tips on starting convos with friends about mental health.*
- **Teen Mental Health Toolkit (from Mental Health America)**
 -  mhanational.org/youth
- **Love is Respect** (healthy relationships help)
 -  Text **LOVEIS** to 22522
 -  loveisrespect.org



Podcasts for Mental Health

- *The Happiness Lab*: Psychology-based happiness tips
- *Teenager Therapy*: Real teens, real talk
- *The Mindset Mentor*: Motivation and mental strength
- *Let's Talk About Mental Health*: Tools to stay mentally strong



For Specific Communities

- **Black Mental Health Alliance** – blackmentalhealth.com
- **Latinx Therapy** – latinxtherapy.com
- **Asian Mental Health Collective** – asianmhc.org
- **Therapy for Black Girls** – therapyforblackgirls.com