

## **National Hotlines and Websites for Teens**

### **National Suicide Hotline: 1-800-SUICIDE (784-2433) or the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**

Both toll-free, 24-hour, confidential hotlines which connect you to a trained counselor at the nearest suicide crisis center.

### **Safe Place: 1-888-290-7233**

Project Safe Place provides access to immediate help and supportive resources for young people in crisis through a network of qualified agencies, trained volunteers and businesses in 32 states. Call the hotline to find out if the program operates in your state, or [look online](#).

### **National Alliance of the Mentally Ill: 1-800-950-6264**

Toll-free, confidential hotline operating Mon.-Fri., 10 am- 6 pm (EST). Trained volunteers provide information, referrals, and support to anyone with questions about mental illness.

### **The Trevor Project: 866-4-U-TREVOR**

The Trevor Project operates the only nationwide, around-the-clock crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. The Trevor Helpline is available as a resource to parents, family members and friends of young people as well. Visit [www.TheTrevorProject.org](http://www.TheTrevorProject.org) for more information and resources for young people, including “Dear Trevor,” an online Q&A forum for non-time sensitive questions.: <http://www.thetrevorproject.org/dear-trevor/youth>

### **Suicide Prevention Lifeline**

The Web site for this 24-hour, confidential hotline offers details about how to call if you need help, how to identify suicide warning signs, and information for veterans experiencing mental distress.

---

## **WEBSITES**

### **General health info for teens**

#### **TeensHealth (<http://teenshealth.org/teen/>)**

Sponsored by Nemours this site provides education and resources for teens about their body, mind, sexual health, fitness/nutrition, drugs and alcohol, diseases, school and jobs and staying safe.

## **General Mental Health Info for Teens**

### **Half of Us (<http://www.halfofus.com/Default.aspx>)**

Site for teens to learn about mental illness including videos by celebrities, famous people who have struggled with mental illness. The Jed Foundation's [Half of Us](#) campaign with mtvU uses stories of students and high-profile artists to increase awareness about mental health problems and the importance of getting help. Visit [halfofus.com](http://halfofus.com) to view video stories, learn more about emotional disorders, support others by becoming an advocate and download the My Mood Ring application for your Facebook page.

### **ULifeline (<http://www.ulifeline.org/main/Home.html>)**

A program of the Jed Foundation, ULifeline is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding mental health and suicide prevention. The Jed Foundation provides ULifeline to all colleges and universities free of charge, regardless of the size or type of institution. Currently, more than 1,200 colleges and universities participate in the program. If your school does not participate, you can still access information on the Web site including suggestions for helping friends or family members suffering from mental illness and links to other online resources.

### **Teen Mental Health (<http://teenmentalhealth.org/>)**

Website with information about mental health issues in teens. Has info for teens, parents and educators including information about adolescent cognitive, developmental and socio-emotional development.

### **Evidence-Based Mental Health Treatment for Children and Adolescents**

<http://www.abct.org/sccap/?m=sPublic&fa=sPublic>

Site supported by ABCT, SCCAP and APA Div 53  
Excellent resource for parents

### **The National Association for School Psychologists**

(<http://www.nasponline.org/families/index.aspx>)

Offers extensive information for teens through its NASP Crisis Resources link.

### **Here are resources for suicide prevention:**

- [National Suicide Prevention Lifeline 1-800-273-TALK \(8255\)](#)
- [The National Council for Suicide Prevention](#)
- [SAVE \(Suicide Awareness Voices of Education\)](#)
- [How to help someone who has posted suicidal content on Facebook](#)

## **Mood Disorders**

### **Child and Adolescent Bipolar Foundation ([www.bpkids.org](http://www.bpkids.org))**

This Web site provides valuable information/educational resources for teenagers, their parents and educators to understand the signs and symptoms of teenage depression and mood disorders and get help when needed.

### **Families for Depression Awareness (<http://www.familyaware.org/>)**

An organization that helps families recognize and cope with depressive disorders, and prevent suicide. Its Web site contains helpful resources, and inspirational stories about recovering from mental illness. Resources for parents, teens and educators.

## **Youth Gambling**

### **Youth Gambling ([www.youthgambling.com](http://www.youthgambling.com))**

Has resources for youth about what youth gambling is and how to seek help

## **Anxiety**

### **WorryWise Kids ([www.worrywisekids.org](http://www.worrywisekids.org))**

Provides information on all different types of anxiety as well as causes, treatments and resources for parents and kids about anxiety. Has scripts for how to explain anxiety to young children and school-age children. Also provides ideas for school accommodations.

### **The Childhood OCD Project: JJ's place (<http://www.jjsplace.org/index.html>)**

Great interactive site designed for kids with OCD. Has movies, games, and educational info for kids. Also allows them to connect with other kids with OCD. Has stuff for educators and parents, but primarily for kids.

### **Parent Trauma Resource Center (<http://tlcinstitute.org/PTRC.html>)**

Has resources for parents as well as discusses trauma, loss and grief in terms of child development. Suggests activities and games to engage in with children to help them process and cope with events.

## **ADDICTION/DRUGS/ALCOHOL**

### **NIDA for Teens: The Science Behind Drug Abuse (<http://teens.drugabuse.gov/>)**

Has information on everything from anabolic steroids to prescription drug abuse and common drugs of abuse. Provides info for parents, educators, and teens. Provides great fact sheets and real stories of kids who have had addiction problems.

**The Partnership at DrugFree.Org (<http://www.drugfree.org/>)**

Good resources for parents and teens. Has a drug guide to provide info to parents/educators. Discusses prevention, intervention and treatment options. Has examples of scripted conversations for parents to use with kids.

**Going-To-College.org→ A resource for Teens with Disabilities**

<http://www.going-to-college.org/>