



# Resources for Teens and Young Adults

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## **In Crisis**

### **Boys Town National Hotline**

Serving all at-risk teens and children

[www.boystown.org/hotline](http://www.boystown.org/hotline)

800-448-3000

800-448-1833 (TDD)

Spanish-speaking counselors available and translation services for more than 140 languages

### **Crisis Call Center**

[www.crisiscallcenter.org/crisisservices.html](http://www.crisiscallcenter.org/crisisservices.html)

800-273-8255 or text ANSWER to 839863

Twenty-four hours a day, seven days a week

### **Crisis Text Line**

[www.crisistextline.org](http://www.crisistextline.org)

Text MN to 741741 for free, 24/7 crisis support in the U.S.

### **National Suicide Hotline**

[www.imalive.org](http://www.imalive.org)

800-SUICIDE (784-2433)

800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

### **National Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

### **Psychiatric Crisis Resource Kit**

<http://m.appcreatorpro.com/m/treatmentadvocacycenter/5d0583d4d7/5d0583d4d7.html>

### **The Trevor Lifeline**

Crisis intervention and suicide prevention services for LGBTQ young people ages 13-24

[www.thetrevorproject.org](http://www.thetrevorproject.org)

866-4-U-TREVOR (488-7386)

Twenty-four hours a day, seven days a week

## **AIDS and HIV**

### **[Project Inform: National HIV/AIDS Treatment Hotline](#)**

[www.projectinform.org](http://www.projectinform.org)

800-822-7422

8 a.m. to 2 p.m., Monday to Friday, call-back service only (English only)

## **Bullying and Cyberbullying**

### **[School Safety Technical Assistance Center](#)**

Support for schools, parents and students to address bullying

[www.education.mn.gov/MDE/dse/safe/bprev](http://www.education.mn.gov/MDE/dse/safe/bprev)

651-582-8364

### **[Stopbullying.gov](#)**

Information on how citizens can stop bullying in their communities, as well as seek help if they are being bullied

[www.stopbullying.gov](http://www.stopbullying.gov)

## **Eating Disorders**

### **[National Association of Anorexia Nervosa and Eating Disorders](#)**

[www.anad.org](http://www.anad.org)

630-577-1330

9 a.m. to 5 p.m., Monday to Friday

### **[National Eating Disorders Association](#)**

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

800-931-2237

8 a.m. to 4 p.m., Monday to Friday

## **Emotional Support**

### **[Anxiety in Teens](#)**

Online mental health magazine for teens dealing with anxiety disorders and other mental health issues

<https://anxietyinteens.org>

### **[Change to Chill](#)**

Provides free episodes and training for youth to help them “chill out” and manage stress

[www.changetochill.org](http://www.changetochill.org)

## **Depression and Bipolar Support Alliance**

www.dbsalliance.org  
800-826-3632

## **Mental Health America (MHA)**

For a referral to specific mental health service or support program in your community  
www.mentalhealthamerica.net  
800-273-TALK (8255)  
Twenty-four hours a day, seven days a week  
Text MHA to 741741

## **Mental Health First Aid**

Comprehensive training that involves teaching first hand response to a mental health emergency  
www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/

## **Minnesota Association of Children's Mental Health**

Provide fact sheets on 14 different common mental health disorders with symptoms and strategies to implement change within the classroom  
www.macmh.org/publications/mental-health-fact-sheets/

## **Minnesota LGBTQ+ Network**

Organization of mental health professionals seeking the advancement of the community, as well as resource platform for LGBTQ+ individuals seeking mental health services  
www.lgbttherapists.org

## **National Institute of Mental Health Information Center**

www.nimh.nih.gov/site-info/contact-nimh.shtml  
866-615-6464 (toll-free)  
866-415-8051 (TTY toll-free)  
7:30 a.m. to 4 p.m., Monday to Friday (English and Spanish)

## **Prairie Care**

Provides psychiatric care and educational services for families  
www.prairie-care.com

## **The National Alliance of Mental Illness (NAMI)**

Nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness  
www.nami.org/About-NAMI  
800-950-NAMI  
9 a.m. to 5 p.m., Monday to Friday  
Text NAMI to 741741

## **To Write Love on Her Arms**

Non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide  
<https://twloha.com>

## **Washburn Center for Children**

Provides outpatient and family therapy, assessments, intensive therapy group sessions, and at home services.  
<https://washburn.org/>

## **Grief and Loss**

### **Tragedy Assistance Program for Survivors (TAPS)**

[www.taps.org](http://www.taps.org)  
800-959-TAPS (8277)  
Twenty-four hours a day, seven days a week

## **Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Support**

### **GLBT National Youth Talkline**

[www.glbthotline.org/talkline.html](http://www.glbthotline.org/talkline.html)  
800-246-PRIDE (7743)  
3 p.m. to 11 p.m., Monday to Friday  
11 a.m. to 4 p.m., Saturday

### **It Gets Better Project**

Inspires people across the globe to share their stories and remind the next generation of LGBTQ+ youth that hope is out there, and it will get better.  
<https://itgetsbetter.org/>

### **Minnesota LGBTQ+ Network**

Organization of mental health professionals seeking the advancement of the community, as well as resource platform for LGBTQ+ individuals seeking mental health services  
<http://lgbttherapists.org/>

### **Trans Lifeline**

[www.translifeline.org](http://www.translifeline.org)  
877-565-8860  
This hotline is staffed by volunteers who are all trans identified and educated in the range of difficulties transgender people experience. Operators are generally available 24 hours a day, seven days a week.

## Other

### [National Center for Victims of Crime](#)

[www.victimsofcrime.org](http://www.victimsofcrime.org)  
Multi-language service available  
800-FYI-CALL (394-2255)

### [National Runaway Safeline](#)

[www.1800runaway.org](http://www.1800runaway.org)  
800-RUNAWAY (786-2929)  
Twenty-four hours a day, seven days a week

### [S.A.F.E. Alternatives](#)

<https://selfinjury.com/>  
800-DONT-CUT (800-366-8288)

### [Thursday's Child National Youth Advocacy Hotline](#)

[www.thursdayschild.org](http://www.thursdayschild.org)  
800-USA-KIDS (800-872-5437)  
Twenty-four hours a day, seven days a week

### [Young Dance](#)

Encourages youth to build body and spirit through the creative art of dance  
[www.youngdance.org](http://www.youngdance.org)

### [Youth Move National](#)

National organization devoted to improving services and systems that support positive growth and development  
[www.youthmovenational.org](http://www.youthmovenational.org)

## Rape, Sexual Violence, and Domestic Violence

### [Child Help USA National Child Abuse Hotline](#)

[www.childhelpusa.org](http://www.childhelpusa.org)  
800-4-A-CHILD (422-4453)  
Twenty-four hours a day, seven days a week

### [love is respect](#)

[www.loveisrespect.org](http://www.loveisrespect.org)  
National Teen Dating Abuse Hotline  
(866) 331-9474  
Twenty-four hours a day, seven days a week

## **National Domestic Violence Hotline**

www.ndvh.org  
800-799-SAFE (7233)  
Twenty-four hours a day, seven days a week

## **Rape, Abuse, and Incest National Network**

www.rainn.org  
800-656-HOPE (4673)  
Twenty-four hours a day, seven days a week

## **Safe Horizon's Rape, Sexual Assault & Incest Hotline**

www.safehorizon.org  
Domestic Violence Hotline: 800-621-HOPE (4673)  
Crime Victims Hotline: 866-689-HELP (4357)  
Rape, Sexual Assault & Incest Hotline: 212-227-3000  
TDD phone number for all Hotlines: 866-604-5350  
Twenty-four hours a day, seven days a week

## **School Violence**

### **National Center for Mental Health Promotion and Youth Violence Prevention**

www.promoteprevent.org  
8 a.m. to 4 p.m., Monday to Friday

### **SPEAK UP**

www.bradycampaign.org/our-impact/campaigns/speak-up  
866-SPEAK-UP (773-2587)  
Twenty-four hours a day, seven days a week

## **Sexual Health**

### **American Sexual Health Association**

www.ashasexualhealth.org  
919-361-8488  
7 a.m. to 7 p.m., Monday to Friday

### **Centers for Disease Control and Prevention (CDC)**

www.cdc.gov/sexualhealth  
800-CDC-INFO (232-4636)  
Twenty-four hours a day, seven days a week

## **Planned Parenthood National Hotline**

www.plannedparenthood.org  
800-230-PLAN (7526) – for routing to local resources  
Twenty-four hours a day, seven days a week

## **Substance Abuse**

### **Minnesota Adult & Teen Challenge**

Restoring hope to teens and adults struggling with drug and alcohol addiction  
www.mntc.org

### **National Institute on Alcohol Abuse & Alcoholism**

www.niaaa.nih.gov  
800-662-HELP (4357)  
Twenty-four hours a day, seven days a week

## **Suicide**

### **Crisis Call Center**

http://crisiscallcenter.org/crisisservices.html  
800-273-8255  
Twenty-four hours a day, seven days a week  
Text ANSWER to 839863

### **Crisis Text Line**

www.crisistextline.org  
Text MN to 741741 for free, 24/7 crisis support in the U.S.

### **National Suicide Hotline**

www.hopeline.com/  
800-SUICIDE (784-2433)  
800-442-HOPE (4673)  
Twenty-four hours a day, seven days a week

### **National Suicide Prevention Lifeline**

www.suicidepreventionlifeline.org/  
800-273-TALK (8255)  
Twenty-four hours a day, seven days a week

## **Teen Parenting**

### **Baby Safe Haven**

Safe Haven Infant Protection Laws enable a person to give up an unwanted infant anonymously. As long as the baby has not been abused, the person may do so without fear of arrest or prosecution.

[www.safehaven.tv/states](http://www.safehaven.tv/states)

Confidential toll free hotline: 888-510-BABY (2229)

### **Boys Town National Hotline (Parenting)**

Serving all at-risk teens and children

[www.parenting.org](http://www.parenting.org)

800-448-3000

Twenty-four hours a day, seven days a week

### **Postpartum Support International**

<http://postpartum.net/>

800-944-4PPD (4773)

Calls returned within 24 hours

Text 508-894-9453

### **PPD Moms**

Postpartum Depression Resources

[www.1800ppdmoms.org](http://www.1800ppdmoms.org)

800-PPD-MOMS (800-773-6667)

## **Teen Pregnancy**

### **American Pregnancy Helpline**

[www.thehelpline.org](http://www.thehelpline.org)

866-942-6466

Twenty-four hours a day, seven days a week

### **Birthright International**

[www.birthright.org](http://www.birthright.org)

800-551-4900

Twenty-four hours a day, seven days a week

### **Planned Parenthood**

[www.plannedparenthood.org](http://www.plannedparenthood.org)

800-230-PLAN (7526) – for routing to local resources

Twenty-four hours a day, seven days a week