

RESOURCES FOR YOUNG PEOPLE

If you're in crisis, get immediate help: Call the National Suicide Prevention Lifeline at 1-800-273-8255, **chat** with trained counselors 24/7, or get help in **other ways** through the Lifeline

How Right Now (Centers for Disease Control and Prevention): Resources for coping with negative emotions and stress, talking to loved ones, and finding inspiration

Youth Engaged 4 Change: Opportunities for youth to make a difference in their lives and in the world around them

Supporting Emotional Wellbeing in Children and Youth (National Academies of Medicine): Tools for children, teens, and parents to learn how to cope with challenges

Mental Health Resource Center (JED Foundation): Information about common emotional health issues and how to overcome challenges

Youth Wellbeing Initiatives (National Council for Mental Wellbeing): Collection of initiatives to improve mental wellbeing in youth and young adults

Kids, Teens, and Young Adults (National Alliance on Mental Illness): Resources for young people to get mental health support

One Mind PsyberGuide: A guide to navigating mental health apps and digital technologies

FindTreatment.gov (SAMHSA): Information on substance use and mental health treatment

Trevor Project: Suicide prevention and crisis intervention resources for LGBTQ+ young people

AAKOMA Mental Health Resources (The AAKOMA Project): Resources to support the mental health of youth of color and their caregivers

Mental Health for Immigrants (Informed Immigrant): Tips for managing the mental health of yourself and others