

WELL-BEING AND SELF-CARE RESOURCES

Learn more

[We Think Twice™ Mental Health page](#)

We Think Twice™ has quizzes, articles, and infographics geared especially for people your age.

[YouthEngaged4Change](#)

This site offers articles, inspiring stories, videos, and blogs about adolescent mental health and well-being.

[NIH: Meditation and Mindfulness: What You Need To Know](#)

This article is about meditation and mindfulness (how it works and why it's good for you).

[NIH: Your Healthiest Self: Wellness Toolkits](#)

This site provides strategies and checklists with actionable steps you can take to improve emotional health and well-being.

[girlshealth.gov: Your Feelings](#)

The “Your Feelings” section of this website offers guidance to teenage girls on recognizing a mental health problem, getting help, and talking to parents.

[MentalHealth.gov: For Young People Looking for Help](#)

This page describes some signs of mental health problems and provides resources for getting help.

[CDC: How Right Now: Finding What Helps](#)

This CDC page covers lots of emotions like stress, grief, and loss, and discusses ways to cope and ways to get support.

[National Academies of Medicine: Tools for Youth and Teens](#)

National Academies of Medicine has stories showing how teens use different coping techniques to feel better.

Hotlines

General Emergency Services

Call or text 911

[988 Suicide and Crisis Lifeline](#)

Call or text 988 or chat 988lifeline.org for free and confidential support for people in distress.

For TTY Users: Use your preferred relay service or dial 711 then 988.

[LOVEIS: National Dating Abuse Helpline](#)

Call 866-331-9474, text “LOVEIS” to 22522, or use TTY: 800-787-3224 to access 24/7 support if you or someone you know may be experiencing or is at risk for dating abuse. Remember that dating abuse is a pattern of behaviors used to gain or maintain power and control over a partner—physical violence is just one example of dating abuse.

[National Human Trafficking Hotline](#)

Call 888-373-7888 or text “HELP” to 233733 for 24/7, confidential support if you or someone you know may be a victim of human trafficking. TTY: 711.

[National Runaway Safeline](#)

Call 800-786-2929 (800-RUNAWAY) or text 66008 for 24/7 confidential and non-judgmental support for youth considering running away from their living situation.

[SAMHSA's National Treatment Referral Routing Service](#)

Call 800-662-4357 (800-662-HELP) or text your zip code to 435748 (HELP4U) or use TTY: 800-487-4889 for free, confidential, 24/7 treatment referrals and information services (in English and Spanish) for individuals and families facing mental or substance use disorders.

[StrongHearts Native Helpline](#)

Call 844-762-8483 (844-7NATIVE) to access a free, confidential and anonymous, culturally appropriate 24/7 domestic, dating and sexual violence helpline for Native Americans.

[The Trevor Project](#)

Call 866-488-7386 or text 678678 for 24/7 free and confidential support for LGBTQ youth. The Trevor Project provides trained counselors for young people in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.



This resource was developed by RTI International under contract HHSP2332015000391/HSP23337016T with the U.S. Department of Health and Human Services, Administration on Children, Youth and Families, Family and Youth Services Bureau.