Teen GUIDE

to Mental Health and Wellness

Blackline
1-800-604-5841 (24/7)
Open to anyone, but designed for Black, Black LGBTQIA+, Brown, American Indian, and Muslim communities

California Warmline
1-855-845-7415 (24/7)
A non-emergency resource for anyone seeking emotional support

Child Abuse Hotline
1-800-344-6000 (24/7)
If you or a friend is being hurt or neglected

Crisis Text Line
Text **TALK to 741741** to text with a trained counselor for free.

National Domestic Violence Hotline
1-800-799-7233 · Text LOVEIS to 22522
Resources for teen dating abuse

Suicide and Crisis Line
988 (24/7)
If you or someone you know needs support now, call or text 988 or chat at 988lifeline.org to connect with a trained crisis counselor who can help.

Teen Line
Call 800-852-8336 (6 p.m. to 10 p.m. PST)
Text TEEN to 839863 (6 p.m. to 9 p.m. PST)
A confidential hotline for teenagers, staffed by trained teens

The Trevor Project
Call 1-866-488-7386
Text TREVOR to 1-202-304-1200
Chat thetrevorproject.org
Information and support for LGBTQ youth (24/7)

Trans Lifeline
1-877-565-8860 (8 a.m. to 2 a.m. everyday)
Staffed by transgender people for transgender people in a crisis

Take care of your and your friends' mental health

san diego county office of EDUCATION
FUTURE WITHOUT BOUNDARIES℠

Access

Mental Health Resources to Increase Mental Health Literacy

Virtual Wellness Center
A safe space to take a break, rest, and refocus

For Teens By Teens
Access mental health resources and information created for teens by teens.

Livingworks Start
This is a free 90-minute online suicide prevention training for middle and high school students (13+). Learn the skills to support friends, classmates, and family.

Wellness Education Lab
Two free, online modules to learn practical skills to manage stress, support others, and increase mental health literacy (13+)

PERSONALIZED Mental Health Supports

Mental Health Questionnaire
Wondering how to talk with someone you trust about mental health and wellness? A mental health questionnaire can be a first step. Visit **Mental Health America** to check your symptoms. It's free, confidential, and anonymous.

A Culturally-Affirming, Innovative Community
Brother Be Well is a unique platform for boys (13+) and men of color blending awareness, innovation, education, and healing pathways to reduce disparities, disrupt prolonged suffering, and improve health and mental wellness.

Personalized Resources
Design your own **self-care toolkit**. This is about you. Your experiences. Your challenges. Your tools to meet them.

APPS for Teen Wellness

A FRIEND ASKS
Help a friend or yourself who may be struggling with suicide

SELFSEA
Take a short questionnaire to connect you with personalized support

VIRTUAL HOPE BOX
Store and view things that give you hope and support

NOTOK
Digital panic button to get immediate support from your trusted contacts

MINDSHIFT
Strategies to help cope with stress and anxiety