



Suicide Prevention Resources for Teens



This sheet contains a list of websites with suicide prevention resources for teens—for those who may be at risk for suicide and those who have friends who may be at risk. These websites all have fact sheets, and some have videos, stories written by teens, and text and online chat options.

Crisis Text Line

<http://www.crisistextline.org/>

Crisis Text Line provides free emotional support and information to teens in any type of crisis, including feeling suicidal. You can text with a trained specialist 24 hours a day. Text “HOME” to 741741.

Maine Teen Suicide Prevention

<http://maine.gov/suicide/youth/index.htm>

This website speaks directly to teens. It has information about suicide prevention and related topics, how to get help for yourself and others, stories by teens about their experiences, and a quiz on information about suicide.

Society for the Prevention of Teen Suicide

Teen Section: <http://www.sptsusa.org/teens/>

This website has a teen section where you can find information to help yourself or a friend who may be having suicidal thoughts. You can also find information on how to cope if a friend dies by suicide.

Trevor Project

<http://www.thetrevorproject.org/>

The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth ages 13–24. Its website has information about the signs of suicide and a way to connect online with other LGBTQ youth. The Trevor Helpline is a 24-hour toll-free suicide hotline at 1-866-488-7386. TrevorChat is for online crisis chat 6 hours a day at www.thetrevorproject.org/chat. Trevor Text is for texting on Fridays late afternoon to early evening. Text “Trevor” to 202-304-1200.

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat option is available at <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

Your Life Your Voice from Boys Town Hotline

<http://www.yourlifeyourvoice.org>

Your Life Your Voice is for pre-teens, teens, and young adults who are in crisis or feeling overwhelmed. The website has information sheets with tips for handling difficult situations. The hotline is toll free and open 24 hours a day. You can call, text, chat, or e-mail. Call 1-800-448-3000 or text "VOICE" to 20121.

July 2017

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The Suicide Prevention Resource Center is supported by a grant from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA) under Grant No. 5U79SM059945.

Suicide Prevention Resource Center

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