



# 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](https://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](https://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

# 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