

# Hurting, struggling?

## It's OK to ask for help

By participating in the Minnesota Student Survey, you and your peers have used your powerful voices to tell us what challenging issues students face today and what's important to you. Your feedback will be used to create programs that will ensure Minnesota teenagers get the support they need.

Thank you for taking the survey. Some survey questions dealt with difficult issues and this might prompt you or a friend to experience anxiety, stress, hurt, anger, shame, loneliness, despair or other strong emotions. If you or a friend need help, you can talk to your parents or guardians or go to a teacher, a guidance counselor, your school nurse, your school social worker or another adult who you trust at your school. You can also find help by texting or calling one of the numbers below or by visiting one of the following websites.

### Text, call or click for immediate help

#### National Suicide Hotline

[www.imalive.org](http://www.imalive.org)

1-800-442-HOPE (4673)  
1-800-SUICIDE (784-2433)

#### National Suicide Prevention Lifeline

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

1-800-273-TALK (8255)

#### Crisis Call Center

[www.crisiscallcenter.org](http://www.crisiscallcenter.org)

1-800-273-8255  
Text ANSWER to 839863

#### Crisis Text Line

[www.crisistextline.org](http://www.crisistextline.org)

Text MN to 741741

#### The Trevor Lifeline (LGBTQ)

[www.thetrevorproject.org/get-help-now](http://www.thetrevorproject.org/get-help-now)

1-866-488-7386  
Text START to 678678 (M-F 2-9pm)

#### Mental Illness

[www.ok2talk.org/gethelp](http://www.ok2talk.org/gethelp)

1-800-950-NAMI (6264) (M-F 9am-5pm)

#### Addiction/Drug Abuse

<https://findtreatment.samhsa.gov>

1-800-662-HELP (4357)

#### Sexual Abuse, Assault, Rape

[www.online.rainn.org](http://www.online.rainn.org)

1-800-656-HOPE (4673)

For more helpful resources, visit <https://bit.ly/2KSRyje>.