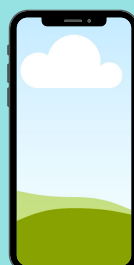


RESOURCES DURING COVID-19



This is a scary time. It's okay to be anxious, afraid, or uncertain. It's okay if you're struggling to cope or process what's happening. You're not supposed to know how to handle this! Here's a list of resources that may be helpful when things feel too overwhelming or scary.

1 CRISIS TEXT LINE: 741741

A 24/7 free text support line that connects texters with a crisis counselor trained to support those in crisis and help bring them back to baseline.

Text "HOME" for COVID-19-related concerns, or text "SHARE" for isolation concerns, financial stress, etc.



2 NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255 // Spanish Line: 1-888-628-9454 (tele-interpreters available)
www.suicidepreventionlifeline.org

A 24/7 free and confidential crisis hotline that provides suicide prevention services and connects callers to local resources. Their website also includes specific resources for different populations including adolescents and teenagers, loss survivors, and members of the LGBTQ+ community.



3 NATIONAL ALLIANCE ON MENTAL ILLNESS

www.nami.org

This site offers a discussion group for teens diagnosed with a mental illness who want to connect with other teens who can relate to what they are going through.

www.nami.org ---> Support & Education ---> Join a Discussion Group Today

4 NATIONAL TEEN DATING ABUSE HELPLINE

1-866-331-9474 // www.loveisrespect.org // Text "LOVEIS" to 22522

This organization offers phone, online chat, or text services to receive support and information surrounding concerns about a relationship. They provide education surrounding healthy and unhealthy dating behaviors.



5 THE TREVOR PROJECT



1-866-488-7386 // www.thetrevorproject.org
www.thetrevorproject.org/resources/trevor-support-center

This organization provides crisis intervention and suicide prevention services to members of the LGBTQ+ community and those who are questioning their sexual orientation and/or gender identity. They offer online chat services and lots of resources for support.

6 RAINN NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-4673 // www.hotline.rainn.org/online

This anti-sexual violence organization connects callers/users to local service providers who can link users to local resources with all circumstances surrounding sexual violence. The hotline is confidential, private and anonymous (unless it is clear that a minor is in imminent danger).