

IT'S REAL:

TEENS AND MENTAL HEALTH

Resources for High School Students and Their Friends

988 Suicide & Crisis Lifeline

Dial 988

(Press 1 for Veterans, press 2 for Spanish, press 3 for LGBTQ+)

Text 988 (available in English and Spanish)

Crisis Text Line

Text TALK to 741741 for English

Text AYUDA to 741741 for Spanish

Text with a trained crisis counselor from the Crisis Text Line for free, 24/7

The Trevor Project

TrevorLifeline: 1-866-488-7386

Text START to 678-678

TrevorChat: [thetrevorproject.org](https://www.thetrevorproject.org)

Seize the Awkward

[seizetheawkward.org](https://www.seizetheawkward.org)

@seizetheawkward

Trans Lifeline

Peer support for individuals who are transgender

Call 877-565-8860

[translifeline.org](https://www.translifeline.org)

National Eating Disorders Association

www.nationaleatingdisorders.org

RAINN

National Sexual Assault Hotline

Lifeline: 1-800-656-4673

Chat: Via [hotline.rainn.org](https://www.hotline.rainn.org)

Substance Abuse and Mental Health Services Administration

[samhsa.gov](https://www.samhsa.gov)

Helpline: 1-800-662-HELP (4357)

