

# Resources

## For immediate help

### **988 Suicide & Crisis Lifeline**

The 988 Lifeline provides free, 24/7, and confidential emotional support to people in suicidal crisis or emotional distress. Call or text 988 to be connected with a trained crisis counselor. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, 988 Lifeline counselors are available to support you.

### **Caregiver Help Desk**

Caregiver Action Network's Help Desk offers free, confidential support to caregivers and is staffed by experts who can help support you on your caregiving journey. Contact the Caregiver Help Desk by dialing 855-227-3640. Caregiving experts are available Monday through Friday, from 8 a.m. to 7 p.m. ET.

### **Childhelp National Child Abuse Hotline**

The Childhelp National Child Abuse Hotline provides free, 24/7, and confidential support for those concerned about or affected by child abuse. If you or a child you know is being hurt or doesn't feel safe at home, call or text 1-800-422-4453 or start an online chat at [childhelp.org](https://www.childhelp.org).

### **Crisis Text Line**

Crisis Text Line provides free, 24/7, confidential, text-based mental health support and crisis intervention for people experiencing stress, anxiety, loneliness, bullying, substance use, self-harm, suicidal thoughts, and more. Text "HOME" to 741-741 to be connected with a crisis counselor.

### **Deaf Crisis Line**

The DeafLEAD Deaf Crisis Line provides free, 24/7, and confidential support to Deaf, Hard of Hearing, DeafBlind, and Late-Deafened victims of domestic violence, sexual assault, trafficking, and crime. They also provide services to the families and communities of those individuals. Contact the Deaf Crisis Line by videophone at 321-800-3323 or by visiting [DeafLEAD.org](https://www.deaflead.org).

### **Mental Health America (MHA) Screening**

Online screening at [mhascreening.org](https://mhascreening.org) is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically validated.

### **National Domestic Violence Hotline**

The National Domestic Violence Hotline provides free, 24/7, and confidential support to survivors of domestic violence so they can live their lives free of abuse. If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-SAFE (1-800-799-7233) or text "START" to 88788.

### **National Center for Missing & Exploited Children (NCMEC) CyberTipline**

NCMEC's CyberTipline is the nation's centralized reporting system for suspected child sexual exploitation. If you think you have seen a missing child, or suspect a child may be sexually exploited, contact the 24/7 CyberTipline at 1-800-THE-LOST (1-800-843-5678) or visit [report.cybertip.org](http://report.cybertip.org).

### **Partnership to End Addiction helpline**

The Partnership to End Addiction helpline provides free and confidential support to anyone playing a supportive role in the life of a child who is struggling with substance use. Text CONNECT to 55753 to contact a specialist or schedule a call at [drugfree.org/article/helpline-get-one-on-one-help/](http://drugfree.org/article/helpline-get-one-on-one-help/).

### **StrongHearts Native Helpline**

The StrongHearts Native Helpline is a free, 24/7, confidential, anonymous, and culturally appropriate domestic and sexual violence helpline for Native Americans and Alaska Natives. Call or text 1-844-7NATIVE (1-844-762-8483) or chat with an advocate online at [strongheartshelpline.org](http://strongheartshelpline.org).

### **Teen Line**

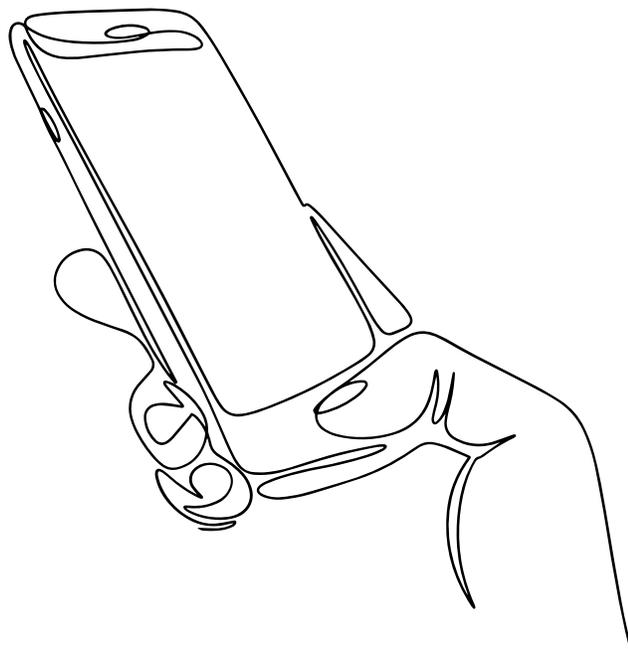
Teen Line provides free and anonymous support, resources, and hope to youth through a hotline of professionally trained teen counselors, and works to de-stigmatize and normalize mental health through outreach programs. Call 800-852-8336 (6-10 p.m. PT) or Text "TEEN" to 839863 (6-9 p.m. PT).

### **The Trevor Project**

The Trevor Project offers free, 24/7, and confidential crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning youth. Contact a trained counselor at 1-866-488-7386, text "START" to 678-678, or start an online chat at [thetrevorproject.org/get-help](http://thetrevorproject.org/get-help).

### **Trans Lifeline's Hotline**

Trans Lifeline's Hotline is a free, confidential, and anonymous peer support phone service run by trans people for trans and questioning peers. Call 1-877-565-8860 for U.S. and 1-877-330-6366 for Canada. Peer support operators are available Monday through Friday, from 1-9 p.m. ET.



## Mental Health America resources

### Affiliate network

Mental Health America (MHA) affiliates provide public education, information and referral, support groups, rehabilitation services, and socialization and housing services to those confronting mental health problems and their loved ones. Many also provide family advocate services to parents of children with serious emotional disturbances, mentorship or peer support for adults recovering from mental health conditions, and professional education to those working in the mental health field. They serve as local leaders in the support and development of consumer-run initiatives and primary prevention programs, including those in schools. To find the affiliate nearest you, search at [mhanational.org/affiliates](https://mhanational.org/affiliates).

### Screening in schools

Providing mental health screenings in schools is one of the best ways to catch mental health problems when and where they are likeliest to arise. Fifty percent of individuals who struggle with a mental health condition will show symptoms during their adolescent years. This period is when individuals are most vulnerable to poor outcomes – but also where intervention has the best chance for building resiliency and change. Mental health screenings can be implemented in schools through:

- Sharing resources with students on school posters or handouts at the health office
- Providing screenings and education in health and/or physical education classes
- Including screenings as part of a broader mental health education program

MHA Screening is a free program designed to support schools in any district, across various levels of investment. Learn how to get started at [screening.mhanational.org/mental-health-screening-in-schools](https://screening.mhanational.org/mental-health-screening-in-schools).

### Youth mental health toolkits

An archive of youth-focused campaign toolkits (like this one) from previous years can be found at [mhanational.org/previous-years-back-to-school-toolkit-materials](https://mhanational.org/previous-years-back-to-school-toolkit-materials). Some materials are also available in Spanish.

Follow us to stay inspired and up to date on MHA's newest resources, blogs, and events.



[mhanational.org](https://mhanational.org)

Contact us

[info@mhanational.org](mailto:info@mhanational.org)

Instagram, Facebook, Threads  
[@mentalhealthamerica](https://www.instagram.com/mentalhealthamerica)

X/Twitter  
[@mentalhealtham](https://twitter.com/mentalhealtham)

## Mental Health America's young leaders initiatives

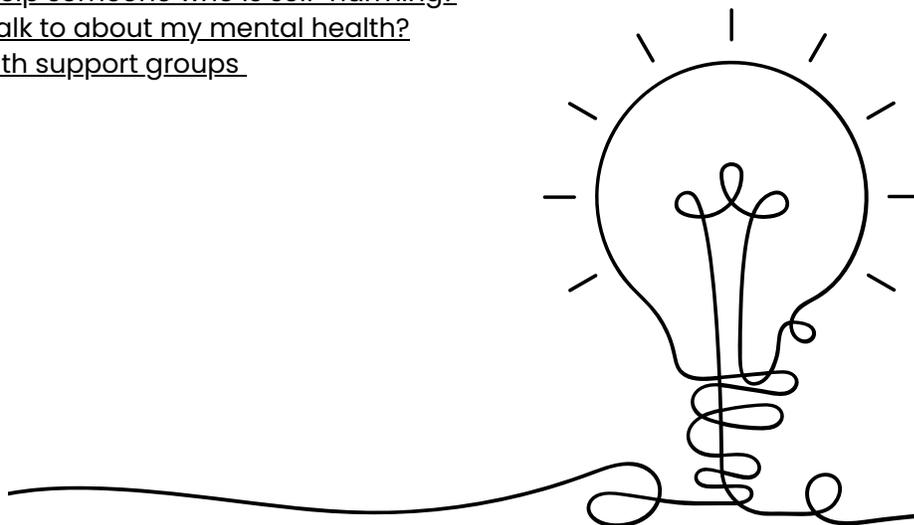
Mental Health America's (MHA) youth programs empower aspiring and established young advocates to ignite their communities and build a mentally healthy future for all. Through leadership development, policy, and research, we're cultivating the next generation of mental health leaders. Young people power all of our programs, where individuals, initiatives, and knowledge come together to transform youth mental health. We provide young leaders with the tools they need to drive change in their communities. Our programs help young people expand their reach, grow their skills, and get connected to the greater ecosystem of mental health advocacy. Learn more about MHA young leaders at [mhanational.org/young-leaders](https://mhanational.org/young-leaders).

### Reports:

- [Trailblazing the Future of Youth Peer Support](#)
- [Challenging, Sustaining, and Evolving: An Anthology on Youth Mental Health Advocacy \(and Hope\)](#)
- [Peer Support in College Mental Health Initiatives: Learning From the Peer Support Movement](#)
- [Youth and Young Adult Peer Support: Expanding Community-Driven Mental Health Resources](#)
- [Building Power to Build a Mentally Healthy World: Supporting and Advancing Youth Leadership](#)
- [Young People's Mental Health in 2020: Hope, Advocacy, and Action for the Future](#)

### Additional MHA Youth & Peer Support Resources:

- [Growing up in recovery: 3 peer programs that fill support gaps for young people](#)
- [How colleges can learn from the peer support movement](#)
- [5 ideas for building youth-centered mental health programs](#)
- [Friends & family information & support](#)
- [How do I ask my friends and family for help?](#)
- [How can connecting with others help my mental health?](#)
- [How can I help someone who is self-harming?](#)
- [Who can I talk to about my mental health?](#)
- [Mental health support groups](#)



## Mental Health America partners and other helpful organizations

**AAKOMA Project** builds the consciousness of youth of color and their caregivers on the recognition and importance of mental health, empowers youth and their families to seek help and manage mental health, and influences systems and services to receive and address the needs of youth of color and their families. Learn more at [aakomaproject.org](https://aakomaproject.org).

**The Alliance for a Healthier Generation** works with schools, youth-serving organizations, businesses, communities, and families to support whole child health. Their programs offer a number of resources, webinars, and learning opportunities for people who have a passion for supporting happy and healthy children.

Caregivers and Families can learn more about creating home environments where everyone can thrive at [healthiergeneration.org/campaigns/kohls-healthy-at-home](https://healthiergeneration.org/campaigns/kohls-healthy-at-home).

Schools and other youth-serving organizations can learn more about social/emotional learning, food access, family engagement, and more at [healthiergeneration.org/app/resources](https://healthiergeneration.org/app/resources).

**The Cook Center for Human Connection** aims to prevent suicide, provide mental health support, and enhance human connections essential for people to thrive. The Cook Center has created My Life is Worth Living, an educational animated series that includes five powerful stories told over 20 episodes. Learn more at [mylifeisworthliving.org](https://mylifeisworthliving.org).

The Cook Center has also created Parent Guidance, a free resource that helps parents find answers to help their child(ren). Its content is led by therapists who provide trusted and specialized courses, professional support, and a safe community of parents helping each other. It includes a free "ask a therapist" feature. Learn more at: [parentguidance.org](https://parentguidance.org).

**First Book** is dedicated to ensuring that all children, regardless of their background or zip code, can succeed and reach their full potential. They reach 6.5 million kids each year in low-income communities across North America, providing books and resources through a powerful network of more than 600,000 individual educators, professionals, and volunteers specifically serving children in need. Learn more by visiting [firstbook.org](https://firstbook.org).

First Book is dedicated to supporting safe spaces for children to learn. They provide resources and tools such as the free Trauma Toolkit ([bit.ly/TraumaToolkit](https://bit.ly/TraumaToolkit)) and Empathy in Action ([info.firstbook.org/EmpathyInAction](https://info.firstbook.org/EmpathyInAction)) guides to provide expert insights for educators and students. Learn more about their free resources at [fbmarketplace.org/free-resources](https://fbmarketplace.org/free-resources).

**Human Rights Campaign (HRC)** Foundation's Welcoming Schools is the most comprehensive bias-based bullying prevention program in the nation to provide LGBTQ+ and gender-inclusive professional development training, lesson plans, booklists, and resources specifically designed for educators and youth-serving professionals. The program uplifts school communities with tools to embrace family diversity, create LGBTQ+ and gender inclusive schools, prevent bias-based bullying, and support transgender and non-binary students. Learn more at [welcomingschools.org](https://welcomingschools.org).

**imi** is a series of guides designed with and for LGBTQ+ teens to help explore and affirm their identity. Guides are free, backed by science, and help teens learn practical methods to cope with sexual and gender minority stress in ways that are helpful, relevant, inclusive, and joyful. Learn more at [imi.guide](https://imi.guide).

**The Kids Mental Health Foundation** is the leading organization promoting mental health for children in the United States. They are driven to create a world where mental health is a vital part of growing up, where children's mental health is as important as their physical health, and where we teach grown-ups the skills to help kids face and manage life's challenges through free resources. Learn more at [kidsmentalhealthfoundation.org](https://kidsmentalhealthfoundation.org).

**The National School Boards Association (NSBA)** is a federation of state associations and the U.S. territory of the Virgin Islands that represent locally elected school board officials, serving approximately 51 million public school students. Working with and through state association members, NSBA advocates for equity and excellence in public education through school board leadership. Learn more at [nsba.org](https://nsba.org).

**The National Parent Teacher Association** offers a "Parent Toolkit" and other resources to help you and your child prepare for the academic, social and emotional milestones children may experience. Learn more at [pta.org/home/family-resources](https://pta.org/home/family-resources).

**TrevorSpace** is an affirming international community for LGBTQ young people ages 13-24. TrevorSpace helps young people explore their identities, get advice, find support, and make friends in a moderated community intentionally designed for them. Learn more at [trevorspace.org](https://trevorspace.org).

**Project Heal** works to break down systemic, health care, and financial barriers to eating disorder healing. Project Heal's goal is to change the system and, in the meantime, provide lifesaving support to people with eating disorders who the system fails. Learn more at [theprojectheal.org](https://theprojectheal.org).

**Q Chat Space** provides live, chat-based discussion groups for LGBTQ+ and questioning teens ages 13 to 19. It is not a forum, and there is no video or audio. Everyone is chatting during the same pre-scheduled time. Q Chat Space chats are facilitated by experienced staff and volunteers from youth programs at LGBTQ+ centers across the U.S. Q Chat Space facilitators are not mental health professionals. Learn more at [qchatspace.org](https://qchatspace.org).

**Teen Talk App** is a free, safe, and anonymous space where teens can freely speak to their peers about everyday issues and their overall mental health. Teen Advisors are trained to support their peers through a wide range of experiences, including anxiety, depression, relationships, family issues, school, and more. Teen Advisors are supervised by licensed mental health professionals. Learn more at [teentalkapp.org](https://teentalkapp.org).

**Well Beings** provides a *Well Beings Educator Toolkit*, a comprehensive, curated collection of resources for use by educators, administrators, school support staff, counselors, social workers, and first responders who work directly with, and for young people. Learn more here: [wellbeings.org/education](https://wellbeings.org/education).

**WithAll** aims to serve millions of people with simple, accessible resources that work to reduce the risk of eating disorders through upstream prevention and help people break through practical barriers in pursuing recovery. Learn more at [withall.org](https://withall.org).

# E-Learning

**Mental Health America has webinars available to help boost knowledge for those who support young minds.**

## For parents



Setting kids up for a mentally healthy school year



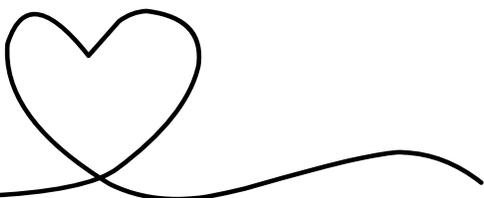
Fatherhood, reimagined: Parenting through change, challenge, and healing



Nurturing belonging, emotional well-being, and safety in a new school year



Supporting youth mental health in rural communities



## For school personnel and other allies



Thriving in community: How peer support can empower LGBTQ+ youth



Supporting Young Minds: Effective empowerment strategies



Supporting Young Minds: the power of youth peer support



Community-driven approach: Programming for youth by youth

Visit [mhanational.org/mha-webinars](https://mhanational.org/mha-webinars) to see a complete list of MHA webinars and sign up to be notified about upcoming e-learning opportunities.



## Additional youth-focused webinars

- [Back to School: Building Social-Emotional Learning Opportunities](#)
- [Becoming Kids' Role Model for Positive Food Relationship and Healthy Body Image](#)
- [Breaking Cycles, Building Strength: Supporting Black Parents' Mental Health](#)
- [Building a Framework for Developing a Comprehensive School-Based Mental Health Program](#)
- [Coping During Times of Crisis: Creating Stability When Life is Unstable](#)
- [Cultural Context: Bridging Generational Gaps in BIPOC Mental Health](#)
- [Engaging Youth in Safe Online Spaces to Address Mental Health Concerns](#)
- [Exploring the Need for Cultural Consideration in Youth Crisis Care](#)
- ["Follow Me and Like My Beautiful Selfies": Social Media Use and Adolescent Mental Health](#)
- [How Do I Prioritize My Mental Health While Parenting?](#)
- [I Don't Know How to Care for Myself in Stressful Times](#)
- [I Don't Know How to Help My Child Find Balance](#)
- [I Don't Know How to Navigate My Child's Use of Technology](#)
- [I Don't Know How to Support Youth Living in a Digital World](#)
- [I Don't Know How to Talk to My Child About Food and Body Image](#)
- [Meeting the Mental Health Needs of Youth Before Crisis: Utilizing Warmlines](#)
- [Meeting Youth Where They Are: Prevention Programming to Support Mental Health](#)
- [Mental Health Disabilities on Campus: Student-Driven Priorities for Change](#)
- [My Child is Suicidal, and I Don't Know How to Help](#)
- [Productivity Paradox: The Impact of Success Narratives on Gen Z](#)
- [Reducing the Risk of Youth Suicide: A Discussion on Education, Prevention, and Early Intervention](#)
- [Safe Spaces: How Digital Environments Can Serve Youth](#)
- [Sharing and Building Power With Youth Mental Health Leaders](#)
- [Sharing and Building Power With Youth Mental Health Leaders](#)
- [Supporting LGBTQ+ Youth in Our Communities](#)
- [Supporting Young Adults With Serious Mental Health Conditions in Post-Secondary Education](#)
- [The Distorted Mirror: Technology's Impact on Youth Body Image](#)
- [The Path to Financial Confidence: A Roadmap for Youth & Young Adults](#)
- [The Youth Mental Health Imperative: Expanding Early Access to Mental Health Support for Our Young People and Families](#)
- [Understanding, Connecting, & Helping Youth Mental Health Through Screening](#)
- [Where I Feel Safe: What Makes an Environment Affirming](#)
- [Wired Differently: Neurodivergence in the Digital Age](#)
- [Youth in Crisis: Supporting Youth Through School and Clinic-Based Mental Health Programs](#)