



SUPPORT IS ALWAYS AVAILABLE.

TEEN GUIDE TO MENTAL HEALTH AND WELLNESS

TAKING CARE OF YOU AND YOUR FRIENDS' MENTAL HEALTH



National Suicide Prevention Lifeline

1.800.273.TALK (8255)



Crisis Text Line

Text TALK to 741741 to text with a trained counselor for free



California Warmline

1.855.845.7415 available 24/7
A non-emergency resource for anyone seeking emotional support



Crisis

Text 1.800.334.6622 / 530.891.2810 Warmline (non-crisis peer support 1.855.582.5554)



Child Abuse Hotline

1.800.344.6000 (24/7) If you or a friend is being hurt or neglected



National Domestic Violence Hotline

1.800.799.7233

Test LOVEIS to 22522

Resources for teen dating abuse



My3 App

Define your network and your plan to stay safe my3app.org



Peer to Peer Support

<http://www.buttecounty.net/Portals/5/Disaster%20Resources/peersupportonline.pdf?ver=2020-04-22-102240-093>



The Trevor Lifeline (LGBTQ+)

1.866.488.7386

Text START to 678678

<https://www.thetrevorproject.org/get-help-now/>

