

10 MENTAL HEALTH RESOURCES FOR YOUTH

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Are you struggling in school or at home? Do you feel like you can't talk to anyone about your problems? Are you feeling hurt, anxious, depressed or having thoughts about suicide? Maybe you know someone who is struggling, but do not know how to help them? Or do you have questions about your relationship, identity or sexual orientation? If you answered yes to some or all of these questions, here are 10 resources for you. You're not alone, help is available in whichever form you feel comfortable communicating in. Whether it's by making a phone call, texting or checking out a website. These resources are to help you or someone you care about. It's okay to ask for help when you or someone you care about needs it.



If you or someone you know is in a life-threatening emergency call 911 immediately.

- 1. Modesto City Schools (MCS) Social Emotional Support:** 209-492-6000 – option 3
 - Hotline can be reached Monday-Friday 8 a.m.-5 p.m.
- 2. Stanislaus County Behavioral Health:** if you are feeling suicidal or are concerned about someone call 209-558-4600 all calls are available 24/7 <http://www.stancounty.com/bhrs/suicide-prevention.shtm>
 - Stanislaus County Community Services Response Team (CERT): Call 209-558-4600 to access services or request psychiatric evaluation
 - Stanislaus County Warmline call 209-558-4600 for on-site peer support when having a hard time but not in crisis, need a listener or support.
- 3. Childhelp National Child Abuse Hotline:** If you are being hurt, know someone who might be hurting or are afraid you might hurt someone. Child Abuse can be physical, sexual, emotional or neglect. Available 24/7, all calls are confidential. <https://childhelpline.org/>
 - Call or text 1-800-4-A-CHILD (1-800-422-4453)
 - **Stanislaus County Child Abuse Hotline:** 209-558-3665 or 1-800-558-3665 available 24/7
- 4. Teen Line:** A non-profit community-based organization that provides peer based emotional support to youth. Providing peer-based education and support before a problem becomes a crisis. <https://www.teenlineonline.org/>
 - Call (310)855-HOPE(4673) or (800) TLC-TEEN (852-8336) from 6p.m. to 10 p.m. Pacific Time
 - Text "TEEN" to 839-863 available from 6:00 p.m.-9:00p.m Pacific Time
 - *Teen Talk App*- free app available on Android and Apple for teens to vent, share and receive support from a trained teen available from 6:00p.m. to 10:00p.m. Pacific Time
- 5. CA Youth Crisis Line:** The California Youth Crisis Line is available 24/7 for youth ages (12-24) and families in crisis. Trained staff and counselors offer support with many teen struggles that include, but are not limited to, family conflict, suicide, depression, bullying, health, trauma, sexual identity and orientation, etc. <https://calyouth.org/>
 - Call or text 800-843-5200
- 6. The Trevor Project:** National organization providing crisis intervention and Suicide prevention for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ+) young people under 25. <https://www.thetrevorproject.org/>
 - *Trevor Lifeline:* 1-866-488-7386 Crisis intervention and suicide phone service available 24/7
 - *Trevor Chat:* Confidential online instant messaging with a Trevor Counselor available 24/7
 - *Trevor Text:* Text "START" to 678-678 confidential text messaging with a Trevor counselor available 24/7
- 7. National Runaway Safeline:** National organization responding to youth and families in crisis. Serves as a national communication system for runaway and homeless youth. <https://www.1800runaway.org/>
 - Hotline: 1-800-RUNAWAY(1-800-786-2929) available 24/7
 - Live chat, email or forum
- 8. National Suicide Hotline:** Free 24/7 confidential support for people in distress, prevention and crisis resources for you or your loved ones.
 - Lifeline: 1-800-273-8255, en Español llama: 1-888-628-9454
- 9. CRISIS TEXT LINE:** If you're in crisis, dealing with any painful emotion or need support. A crisis volunteer counselor can provide support. Available 24/7 <https://www.crisistextline.org/>
 - Text "HOME", "START" or "HELLO" to 741-741
- 10. Love is Respect:** The national resource to disrupt and prevent unhealthy relationship and intimate partner violence. Offering 24/7 information, support and advocacy to young people ages 13 to 26 who have questions or concerns about their romantic relationships. <https://www.loveisrespect.org/>
 - Call 1-866-331-9474 or 800-787-3224 (TTY)
 - Text "LOVEIS" to 22522