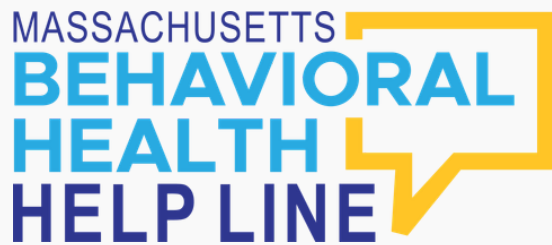


24/7 HELPLINES



Suicide is the second leading cause of death for young people ages 10–24, and many young people struggle with feelings that others may not fully understand or take seriously. Your feelings matter, and you deserve support. The 988 Lifeline for Youth is here to help. You can call or text 988 to connect with someone who will listen and support you.

Call/text 988 - available 24/7/365



The Massachusetts Behavioral Health Help Line provides mental health support employees may need, whenever or wherever they need it. Services provided in over 200 languages.

Available 24/7/365

Call or text
833-773-2445



If you are a LGBTQ+ teen struggling with issues such as coming out, LGBTQ+ identity, depression, or suicide, compassionate crisis counselors are trained to answer your calls, chats, or texts.

Services are free, confidential and secure.
Available 24/7/365

Text 'START' to 678-678

Call 1-866-488-7386
or start a desktop chat at:
www.thetrevorproject.org/get-help/

Are you or a loved one suffering from substance use disorder?



The Massachusetts Substance Use Helpline is here to answer youth questions, listen to your concerns, and refer you to special treatment and recovery support services for youth and young adults.

Available 24/7/365

Talk with a Helpline Specialist by calling:
1-800-327-5050
or chat with us
online at helplinema.org



Hey Sam (via Samaritan's Hope) is a dedicated peer-to-peer texting service for young people up to 24 years old.

- Designed for and staffed by young people
- Free and confidential
- Nonjudgmental

Text 439-726

Hours: 9AM-12AM (Midnight)

FREE SUPPORT FOR TEENS



Headspace is now **free for all teens in the US**. If you're between the ages of 13–18 years old in the US!

Go to the webpage as listed below to learn more and how to sign up for
Headspace: www.headspace.com/teens



The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Read on to learn about different ways to discuss mental health concerns and get support.

FINDING HELP

It's time to ask for help when you are having difficulties with your feelings and emotions, thinking, or behaviors, such as when the feelings or thoughts are:

- Are too intense or cause too much distress
- Last more than two weeks
- Interfere with daily life, causing difficulties with sleeping, eating, concentrating, working, enjoying things, or relating to others
- Are accompanied by other problems like misuse of alcohol or drugs, thoughts of self-harm, or aggressive behaviors
- Lead you to dangerous behavior or risky decisions

YOUR MENTAL HEALTH AND WORK

If a mental health condition is overwhelming you or interfering with your ability to do your work, you should talk to a parent/s or guardian or trusted adult.

HOW TO TALK TO YOUR PARENTS, GUARDIANS OR A TRUSTED ADULT

Some conversations are “bigger” than others, and it's normal to feel uncertain or worried about sharing something personal or emotional. So, how do you have this conversation?

- Plan What You Want to Say
- Find a Private Space to Talk
- Explain as Clearly as You Can
- Discuss Possible Next Steps
- Continue the Conversation

Information on these topics can be found by scanning the QR CODE below or going to this webpage~

www.nami.org/kids-teens-and-young-adults/teens/how-to-talk-to-my-parents-or-guardian/



MENTAL HEALTH RESOURCES FOR YOUTH

Everyone deserves access to mental health support—especially during difficult moments. This pamphlet shares mental health crisis hotlines and support resources specifically for teens and young people, so you know where to reach out if you or a friend need support.



Scan this QR code to access all the resources in this brochure and more!

www.boston.gov/departments/boston-public-health-commission/heads-boston

