Mental Health Resources for Teens & Young Adults

If you or someone you know is struggling, let a trusted adult know. If the first adult doesn’t help, keep trying until you get the help you need. *With help, it gets better.*

**Hotlines**

PRS CrisisLink Regional Hotline: 703.527.4077

PRS CrisisLink Regional Textline: Text “CONNECT” to 85511
*Standard msg & data rates may apply. Text “STOP” to opt-out. For end user privacy and terms and conditions of texting with 85511, go to: www.preventionpaystext.com/policies/

National Hopeline Network: 1.800.SUICIDE

National Suicide Prevention Lifeline: 1.800.273.TALK

The Trevor Project: CALL 866.488.7386 or TEXT 202.304.1200
*The leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people*

**Apps**

“A Friend Asks” is a FREE smart-phone app that helps provide information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

“My Life My Voice” is a mood journaling app that offers an interactive and simple solution for tracking your thoughts, feelings and moods.

“Stop. Breathe. Think.” Check in with how you’re feeling and try short activities tuned to your emotions.

**Sites & Blogs**

Virtual Coach (Kognito) to learn about warning signs of youth psychological distress and what to do when there is a concern: https://kognitocampus.com/peer. Use enrollment key “novapeer.”

**Your Life Your Voice** - Call, text, chat, or email to talk to someone on your terms. Check out their bulletin board and tips sections for advice and to hear from young people like you.
www.yourlifeyourvoice.org

**In Alexandria**

In addition to the counselors and social workers at your school, you can visit the Teen Wellness Center at T.C. Williams Main Campus to speak with the counselor there. More resources can be found at alexandriava.gov/DCHS