



## Resources for Teens and Young Adults

[10 Tips to Build Resilience for Teens](#) from the American Psychological Association.

[CrisisLink](#) brings immediate help, hope, and healing to empower individuals facing serious life challenges, suicidal thoughts, emotional or situational problems, 24/7 crisis line: 703.527.4077, 800.273.TALK, 800.SUICIDE.

[Live Your Life Well](#) campaign from Mental Health America includes 10 proven tools to help you feel stronger and more hopeful as well as information on how to boost resilience in children.

[ReachOut](#) is an information and support service to help teens and young adults facing tough times and struggling with mental health issues. All content is written by teens and young adults and reviewed by mental health professionals.

[The Trevor Project](#) is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

[Youth Mental Health](#) information and resources on Find Youth INFO the portal for Federal resources for youth.

[Active Minds](#) empowers students to change the perception about mental health on college campuses.

[STOMP Out Bullying](#) is the leading national anti-bullying and cyberbullying organization for kids and teens in the U.S.

[Above the Influence](#) is a campaign National Youth Anti-Drug Media Campaign inspired by the lives of teens and how they deal with the influences that shape their decisions.

[Sex, Etc.](#) provides honest and accurate sexual health information, helping teens with answers to their question about sex, relationships, pregnancy, STDs, birth control, sexual orientation and more.

[Break the Cycle](#) and [Love Is Respect](#) provide tools and resources to empower youth to prevent and end dating abuse.

[Substance Abuse Prevention Coalition of Alexandria](#) works with the entire community to reduce youth substance use; includes an Above the Influence club at T.C. Williams.

[Alexandria Campaign on Adolescent Pregnancy](#) works with the entire community to prevent adolescent pregnancy; includes a Keep It 360 Club at T.C. Williams.

Let a **trusted adult** (parent, teacher, social worker, faith leader, mentor, neighbor, etc.) know you or someone you know is struggling. If the first adult doesn't help, keep trying until you get the help you need. Don't let paying for it worry you; you can get support with little or no cost. With help, it gets better.