**MENTAL HEALTH RESOURCES**

**Crisis Text Line**

<https://www.crisistextline.org/>

Crisis Text line is free, 24/7 support for those in crisis.  **Text 741741 from anywhere in the US** to text with a trained Crisis Counselor.  Crisis Text Line trains volunteers to support people in crisis.  They serve all ages which means for young people they won’t have a youth specific model.

**National Suicide Prevention Hotline**

<https://suicidepreventionlifeline.org/>

1-800-273-8255

National Suicide Prevention Hotline provides 24/7, free and confidential support for people in distress, prevention and crisis resources as well as best practices for professionals.  The Lifeline offers a hotline as well as live chat and provides support and services for all ages.

* 1-800-273-(TALK) 8255
* Text 741741 for a 24/7 crisis text line - a live, trained crisis counselor receives the text and responds quickly

Friendship/Crisis Line for adults over 60 or adults with disabilities: 1-800-971-0016

**Virtual 12 Step Meetings**

[Alcoholics Anonymous Virtual Meetings](http://aa-intergroup.org/directory.php)

[Al-Anon Electronic meetings](https://al-anon.org/al-anon-meetings/electronic-meetings/) for loved ones of those struggling with addiction or in addiction recovery

[Alateen Chat Meetings for youth ages 13 – 18](https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/) impacted by a loved one’s addiction:

[Families Anonymous Virtual Meetings](https://www.familiesanonymous.org/meetings/virtual-meetings/) for family members of those with addiction or in addiction recovery

**SHALVA’s 24/7 Help/Crisis Line**:  1-773-583-HOPE (4673)

Those in abusive relationships may be at heightened risk if they are isolated or quarantined with their abusive partner.

**National Runaway Safeline**

<https://www.1800runaway.org/>

1-800-runaway (1-800-786-2929)

National Runaway Safeline provides free confidential 24/7 crisis services and support for youth, ages 12-21, and their families.  Crisis services are provided via a hotline, live chat, email and an on-line forum and focused on all youth in crisis, as well as runaway, homeless and at-risk youth.

**JCFS Access line, 1-855-ASK-JCFS**

is staffed by social workers available to assist community members in finding support and resources and we will be adding resources to our website, [www.jcfs.org](http://www.jcfs.org/).

**Coping During These Times**

[Talking With Children: Tips for Caregivers Parents and Teachers During Infectious Disease Outbreaks](https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006)

[5 Ways to Help Teens Manage Anxiety About the CoronoaVirus](https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html)

**Virtual Activity/Engagement Resources**

[Institute for Jewish Spirituality free daily online meditation and free Jewish mindfulness meditation starter kit](https://www.jewishspirituality.org/get-started/resources-for-challenging-times/)

[PJ Library Resources for Quarantined Families](https://pjlibrary.org/familyactivities?fbclid=IwAR067Y5y4XvuC_KJV0UKmTdESJFcVXWBZI3rRx-Ge70UMUCJL67abKPKNrY)

[Virtual Programming for Every Jewish Teen, Anywhere and Everywhere](https://azabbg.bbyo.org/campaigns/on-demand)

[Hillel@Home for college students](https://www.hillel.org/about/news-views/news-views---blog/news-and-views/2020/03/16/hillel@home-to-provide-high-quality-virtual-learning-and-community-experiences-to-jewish-students-in-time-of-crisis)