



Resources and Information: Adolescent Mental Health, Suicide, and Substance Use Disorders

This document includes resources available to adolescents with mental health and substance use concerns and adolescents at-risk for suicide. The information is provided in 5 categories:

1. Mental Health Helplines
2. Mental Health and Substance Use Disorder Treatment for Adolescents and Young Adults
3. Talking with Adolescents and Young Adults About Suicide and Mental Health
4. Resources for:
 - Child Welfare, Substance Use Disorder, and Other Professionals
 - Parents
 - Resource/Foster Caregivers
5. Additional Information

The resources included in this document are not intended to be an exhaustive list. For more information, visit:

- [National Suicide Prevention Lifeline](#)
- [American Foundation for Suicide Prevention](#)
- [American Association of Suicidology: Directory of Support Groups](#)
- [Society for the Prevention of Teen Suicide](#)

For emergencies, call 911

For adolescents and other individuals in crisis:

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

The Lifeline provides **24 hours, 7 days a week**, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Callers are connected with trained counselors from network of 180 crisis centers.

The National Suicide Prevention Lifeline and [988](#): 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on **July 16, 2022**.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

1. MENTAL HEALTH HELPLINES

- [Teen Line](#) is an anonymous, nonjudgmental space for youth. Teens can access personal peer-to-peer support from highly trained teens supervised by adult mental health professionals.
 - Phone: 1-800-852-8336
 - Phone Hours: 6 PM - 10 PM, Pacific Standard Time
 - Text TEEN to 839863
 - Text Hours: 6 PM - 9 PM PST, Pacific Standard Time
 - [Email](#)

- The [National Association of Mental Illness \(NAMI\) HelpLine](#) is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained, and able to provide guidance.

The NAMI HelpLine is unable to provide mental health counseling, advice, personal advocacy or referrals to mental health providers or lawyers. The NAMI HelpLine does not provide individual casework, legal representations, or any type of individual advocacy. The NAMI HelpLine is not a hot line, crisis line or suicide prevention line.

- Phone: 1-800-950-NAMI (6264)
 - Email: info@nami.org
 - Text: Text NAMI to 741-741 (24 hours, 7 days a week support via text message from the [Crisis Text Line](#))
 - Chat: <https://www.nami.org/help>
 - Hours: Monday through Friday, 10 a.m. – 10 p.m., Eastern Time
- The [Crisis Text Line](#) connects individuals with a Crisis Counselor via text message.
 - Text HOME to 741741 to connect with a Crisis Counselor
 - Hours: 24 hours, 7 days a week
- [Mental Health Warmlines](#) were created to give people support when they just need to talk to someone. Speaking to someone on these calls are typically free, confidential, and run by people who understand what it's like to struggle with mental health problems. Warmlines are for support and can link you to a crisis hotline if you need support for suicidal thoughts or crisis.
 - Phone: It's best to call a warmline in your own state. If one doesn't exist or it is busy, you can try a warmline in another state that is close to you and provides national service. See [Warmlines](#) to find the phone number in your state.
 - Hours: Depends on the state; see above information.
- [The Trevor Project](#) is a national confidential suicide hotline for lesbian, gay, bisexual, transgender and questioning youth.
 - Phone: 1-866-488-7386
 - Text: START to 678678
 - [Chat](#)
 - Hours: 24 hours, 7 days a week

- [The Trans Lifeline](#) is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. It provides crisis intervention hotlines, staffed by transgender individuals, for trans and questioning callers. Callers will be connected with an operator to find out the best time to connect with a Family & Friends operator who has lived experience supporting trans people.
 - Phone: 1-877-565-8860, ask for Family & Friends Line

2. MENTAL HEALTH AND SUBSTANCE USE DISORDER TREATMENT FOR ADOLESCENTS AND YOUNG ADULTS

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\) Behavioral Health and Treatment Locator](#): A confidential and anonymous source of information for individuals seeking treatment for substance use and mental health.
- [Psychology Today's Therapy Directory](#) lists clinical professionals, psychiatrists and treatment centers who provide mental health services in the US and internationally. Enter “adolescents” in the search bar for a listing of adolescent treatment services. The Directory is based on professional membership and members pay a monthly fee. Members control their content in the directory.

3. TALKING WITH ADOLESCENTS AND YOUNG ADULTS ABOUT SUICIDE, MENTAL HEALTH AND SUBSTANCE USE

- Resources from Mental Health America
 - Talking To Adolescents and Teens: [Time To Talk](#)
 - Talking To Adolescents And Teens: [Starting The Conversation](#)
 - Talking to Adolescents and Teens: [What To Do and Where To Go](#)
- National Institute on Drug Abuse (NIDA) [Teen Brain Development](#): Brief 3-minute video geared for adolescents. NIDA explores in this video the intriguing similarities between the processes of brain development and computer programming. The analogy helps us understand why toxic environmental factors like drugs, bullying, or lack of sleep can have such a long-lasting impact on a teenager’s life and can be used to empower your children or students with information they need make better decisions.

4. RESOURCES FOR

- CHILD WELFARE, SUBSTANCE USE DISORDER TREATMENT, AND OTHER PROFESSIONALS
- PARENTS
- RESOURCE/FOSTER CAREGIVERS

- National Center for the Prevention of Youth Suicide, [Preventing Suicidal Behavior Among Youth in Foster Care](#)
- Suicide Prevention Resource Center, [Foster Care Providers: Helping Youth At-Risk for Suicide](#) and [Suicide prevention resources for parents/guardians/families](#)
- National Association of School Psychologists, [Preventing Youth Suicide: Tips for Parents & Educators](#)
- Child Welfare Information Gateway: [Resources for Professionals and Others Supporting Young People During Times of Uncertainty](#)

5. ADDITIONAL INFORMATION

- [U.S. Surgeon General Issues Advisory on Youth Mental Health Crisis Further Exposed by COVID-19 Pandemic](#)
- [Increase in Fatal Drug Overdoses Across the United States Driven by Synthetic Opioids Before and During the COVID-19 Pandemic](#)
- [The Opioid Epidemic: A Needed Focus On Adolescents And Young Adults](#)
- National Center on Substance Abuse and Child Welfare: [Working with Adolescents: Practice Tips and Resource Guide](#)
- [Suicide Prevention Resource Center](#): Variety of resources, including a web-based search function to connect with suicide prevention initiatives in your state, such as the Garrett Lee Smith Suicide Prevention and other programs funded by the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

Contact Us

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