

When things get tough or we get to stressed we sometimes need someone to talk to in order to cope with the stress or vent to someone that won't judge you for how you are feeling and that's okay.

We have provided a list of resources that you can use in your time of need without fear of being judged or not being heard.

Teens Against Bullying

Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, take action, be heard, and own an important social cause.

<http://www.pacerteensagainstbullying.org/>

<https://www.pacerteensagainstbullying.org/advocacy-for-self/>

References

Advocacy For Self. (n.d.). Retrieved from <https://www.pacerteensagainstbullying.org/advocacy-for-self/>

Teens Helping Teens - Connect, talk, get help! (n.d.). Retrieved from <http://www.teenlineonline.org/>

Crisis Text Line. (n.d.). Retrieved from <http://www.crisistextline.org/>

Saving Young LGBTQ Lives. (n.d.). Retrieved from <http://www.thetrevorproject.org/>

It Gets Better. (n.d.). Retrieved from <http://www.itgetsbetter.org/>

CrisisChat - Home. (n.d.). Retrieved from <http://www.crisischat.org/>



Mental Health Resources for Teens



“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.” – Fred Rogers

Teen Line

FOR IMMEDIATE HELP, text TEEN to 839863

If you have a problem or just want to talk with another teen who understands, then this is the right place for you!

Call, Text, or Email
www.teenlineonline.org

IT GETS BETTER PROJECT

The It Gets Better Project's mission is to communicate to lesbian, gay, bisexual and transgender youth around the world that it gets better, and to create and inspire the changes needed to make it better for them.

www.itgetsbetter.org

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www.educationalenrichment.org

The Trevor Project

The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

The Trevor Lifeline: If you need support, please call 866-488-7386.

www.thetrevorproject.org



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Lifeline Crisis Chat

Lifeline Crisis Chat is a service of the National Suicide Prevention Lifeline in partnership with CONTACT USA. It is the first service of its kind where crisis centers across the United States have joined together to form one national chat network that can provide online emotional support, crisis intervention, and suicide prevention services. Chat specialists are available to listen and support you through whatever difficult times you may be facing.

Visit www.crisischat.org/ to chat with crisis centers around the U.S.

CRISIS TEXT LINE

FOR IMMEDIATE HELP, text HOME to 741741

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text.
www.crisistextline.org

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