

SUGGESTED MENTAL HEALTH

Resources

As a JAG student, you might face various challenges that can impact your mental health. It's crucial to remember that you're not alone and that seeking help is a sign of strength. These resources are designed to provide you with support, guidance, and a safe space to discuss your feelings. Remember, taking care of your mental health is just as important as taking care of your physical health.

7 CUPS

- Website: 7cups.com
- Services: Offers free, anonymous, and confidential chat with trained listeners. Provides a supportive community where teens can discuss their feelings.
- Teen Support: 7 Cups Teen

CRISIS TEXT LINE

- Website: crisistextline.org
- Services: Provides free, 24/7 crisis support via text message for anyone in crisis, including teens.
- Text: Text "HELLO" to 741741 to connect with a trained counselor.

THE JED FOUNDATION

- Website: jedfoundation.org
- Services: Focuses on promoting emotional health and preventing suicide among teens and young adults, offering educational resources for students and parents alike.

KIDSHEALTH - TEEN SECTION

- Website: kidshealth.org/teen
- Services: Provides information on various topics, including mental health, stress, and emotional well-being, specifically targeted at teens.

NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)

- Website: nami.org/Your-Journey/Teens-Young-Adults
- Services: Provides mental health resources for teens and young adults, including articles, stories from other teens, and access to help lines.

NATIONAL SUICIDE PREVENTION LIFELINE

- Website: 988lifeline.org
- Services: Provides free and confidential support for anyone in distress, including teens. Available 24/7 via phone and chat.
- Helpline: Dial 988

REACHOUT

- Website: reachout.com
- Services: Offers online mental health information, support, and resources aimed at helping teens through tough times. Their forum allows teens to connect with peers.

SAMHSA NATIONAL HELPLINE

- Website: [SAMHSA's National Helpline | SAMHSA](https://www.samhsa.gov/national-helpline)
- Services: SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.
- Helpline: 1-800-662-HELP (4357)

TEEN LINE

- Website: teenlineonline.org
- Services: Provides a helpline for teens to talk about their problems with trained teen listeners. They also offer online message boards, resources, and a texting service.
- Helpline: 1-800-852-8336
- Text: Text "TEEN" to 839863

THE TREVOR PROJECT

- Website: thetrevorproject.org
- Services: Focuses on providing crisis intervention and suicide prevention services for LGBTQ+ youth. It offers 24/7 phone, text, and chat services for those in need.
- Helpline: 1-866-488-7386
- Text: Text "START" to 678678

YOUR LIFE YOUR VOICE

- Website: yourlifeyourvoice.org
- Services: Provides a platform for teens to talk to someone when feeling overwhelmed. They offer a call service, texting, and even an option to write your thoughts down and receive support.
- Helpline: 1-800-448-3000
- Text: Text "VOICE" to 20121