

Resources for Youth in Crisis

In case of an immediate threat or danger, call 911 from the U.S. or the emergency number for your country.

Suicidal thoughts

1. Suicide Prevention Lifeline 800 273-TALK (8255) – Call anytime if you're feeling desperate, alone or hopeless. This number will route you to the crisis center nearest you.
2. Military Crisis Line 800 273-8255 (or text 838255) – Crisis support for current or former U.S. military personnel and their families.

Mental health support (which can include bullying, cyberbullying, suicidal thoughts and everything below)

1. Boys Town National Hotline 800 448-3000 (serves girls too) – The Boys Town National Hotline is open 24 hours a day, 365 days a year and staffed by specially trained counselors. Parents, teens and families can find help with a range of issues including abuse, anger, depression, school issues, bullying etc.
2. Covenant House — Nineline 800 999-9999 – A support service and 24-hour helpline for homeless youth. Deals with a wide range of issues, including bullying, suicide, basic needs, health, sex, drugs & alcohol and sex.
3. ReachOut 800 448-3000 – Site where teens and young adults can find the information they need, reach out, tell their stories, and voice their opinions “without fear of being judged or being different.”
4. Crisis Text Line (lets people reach out for support via text messaging). Text 741-741

Dating abuse, domestic violence and cyberstalking

1. Love is Respect National Dating Abuse Helpline 866 331-9474 – 24-hour helpline for teens, parents, friends and family, peer advocates. All communication is confidential and anonymous.
2. National Domestic Violence Hotline 800 799-SAFE (7233) or text TELLNOW to 85944 – A 24-hour hotline for any type of domestic abuse, including dating abuse and cyberstalking.
3. The Cyber Civil Rights Initiative: Provides counseling and technical advice to victims of nonconsensual pornography (“revenge porn”) through a 24-hour Crisis Helpline

Drug and alcohol issues

1. Substance Abuse Treatment Facility Locator (SAMHSA) – Searchable directory of drug and alcohol treatment programs shows the location of facilities around the country that treat alcoholism, alcohol abuse and drug abuse problems.

LGBT & questioning youth

1. The Trevor Project 866 488-7386 – Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning youth.

Self-harm and eating disorders

1. Any mental health resource center can help in urgent cases.
2. HelpGuide.org – More of a resource center than an emergency response service but good information on all sorts of self-harm issues.
3. National Eating Disorders Association & helpline 800-931-2237
4. Proud2BME: An information resource and forum on eating disorders and body issues

Sexual exploitation (offline or online), abuse or missing teens/kids

1. National Center for Missing & Exploited Children (NCMEC) – 800 843-5678 24-hour response line for children who are missing or victims of sexual exploitation.
2. Rape Abuse & Incest National Network (RAINN) – 800 656-HOPE More than 1,100 trained volunteers are on duty and available to help victims at RAINN-affiliated crisis centers across the country.
3. National Runaway Switchboard (800 RUNAWAY) – The mission of the National Runaway Switchboard (NRS) is to help keep America’s runaway, homeless and at-risk youth safe and off the streets.
4. National Child Abuse Hotline 800 4-A-Child (800 422-4453 or text CHLDHELP to 847411 – Operates a 24/7 hotline with professional crisis counselors who, through interpreters, can provide assistance in 170 languages.
5. Cyber Civil Rights Initiative: Provides counseling and technical advice to victims of nonconsensual pornography (“revenge porn”) through a 24-hour Crisis Helpline (also listed under domestic violence and dating abuse)
6. ICanHelpLine: A digital abuse helpline currently being piloted for schools in California with a national roll-out planned for Sept. 2016