

Suicide Resources for Young People

Suicide Hotline

1-800-273-TALK

1-800-273-8255

24 hours a day, 7 days a week. They are trained experts. They will talk you through it if you are suicidal, they will talk you through if you lost someone to suicide and you're in crisis. It's confidential and they don't judge.

CRISIS TEXT LINE

Text HOME to 741741

This is a Crisis Line for people who are "in the moment". Trained counselors calm you down and talk you out of the impulsive act of suicide and self harm. This is great for parents, too, because they keep data on the issues and the website shows the things kids call about most, trends, etc.

TO WRITE LOVE ON HER ARMS

www.twloha.com

Excellent page for teens and tweens dedicating to encouraging young people with addiction, depression, suicidal thoughts, and who are self-harming to love themselves, that they're worth it, and that things get better.

YOU MATTER

<http://youmatter.suicidepreventionlifeline.org/>

You Matter is a safe space for young people to discuss and share stories about mental health and wellness, created and administered by the National Suicide Prevention Lifeline. You Matter blog posts are written by a people between the ages of 13-24 that are passionate about suicide prevention and mental health.

THE TREVOR PROJECT

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

Information, articles, Peer Support for LGBTQ youth. LGBT issues have their own set of complexities and it helps to go this specialized route. They also have their own Suicide Hotline:

Trevor Lifeline at 866-488-7386

ANTI-BULLYING RESOURCES

<https://www.stopbullying.gov/>

DITCH THE LABELS

<https://us.ditchthelabel.org/get-help/>

Bullying website for kids being bullied AND for bullies.

Love Is Respect

<http://www.loveisrespect.org>

call 1-866-331-9474

text text LOVEIS to 22522

chat online

Advocates trained on issues related to dating abuse and healthy relationships, as well as crisis intervention.