



Mental Health Resources for Teens



Developed by Nile C. Ian F. Michael H. Luke M.
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Mental Health Hotline

Mental health struggles require support from others. Don't know where to start? A hotline can help. They are anonymous and are staffed by trained volunteers and professionals who can help in a crisis or provide you with information and support.

Here is a list of hotlines/textlines to use:

- Suicide prevention hotline: 1-800-273-TALK (8255)
- Crisis text line: Text "home" to 741741
- Substance abuse and mental health services administration:
1-800-622-HELP (4357)
- The National Alliance on Mental Illness (NAMI): 1-800-950-6264,
info@nami.org. NAMI operates an emergency mental health hotline
Monday–Friday from 10 a.m. to 6 p.m. EST.



Articles about Mental Health

Here are some articles that provide convenient information that can help with improving mental health conditions and bettering your state of mind:

- [Helpguide: Building Better Mental Health](#)
- [How to Improve Mental Health](#)
- [31 Tips to Boost Your Mental Health](#)
- [Ten Things You Can Do for Your Mental Health | University Health Service](#)
- [How to look after your mental health](#)



Books that Cover Mental Health Issues

Books can be a very good source of information and provide insight into issues in our daily lives. Here are some options for books with information about battling mental health issues:

- [Hope and Help for Your Nerves: End Anxiety Now](#) by Dr. Claire Weekes
- [Recovery: Freedom from our Addictions](#) by Russell Brand
- [Maybe you Should Talk to Someone](#) by Lori Gottlieb
- [Emotional First Aid](#) by Guy Winch



Speaking to a School Counselor

[Horace Greeley Counseling Center](#)

Although some kids may be tentative to do so, seeking help from a school counselor can be very helpful for teens struggling with mental health. After your family and friends, they are the next in line that know you best. Yet again, although a teen may prefer to talk to a family member or a friend instead, just know that there are more options than the original two to which you can speak to.



A Therapist

How Can a Therapist Help?

Talking to a therapist is an excellent idea, as they will likely have no prior personal connection to you, and you don't have to feel embarrassed or reserved when speaking to them. They have tons of experience speaking to other patients and know how to help. It can definitely be a bit frightening to totally open up to a stranger, but once you find a good therapist you can trust this will be a great way to improve your mental state. Your pediatrician can help you find a therapist who is a good fit.



Parents

Parents are often some of the people who understand their children the most, and are often a good resource to go to when needed. They have a lot of life experience and there is a good chance that they have been through whatever trouble you are going through.



Friends

Having friends you can trust to confide in your issues is essential. Make sure it's someone you know has your back and is reliable, and talking to them can be very helpful, as they may have gone through similar problems and may know how to help. Don't think you have to take all of their advice, but this can provide great comfort and you make you feel much better about your situation.



Websites that Help with Quitting Drugs

<https://www.samhsa.gov/find-help/national-helpline> - SAMHSA's National Helpline, 1-800-662-HELP (4357)

<https://teens.drugabuse.gov/>

There are websites that link you to phone numbers and other sites that can help a teen with quitting drugs or with teens struggling with mental health. An example of this is the Substance Abuse and Mental Health Administration (SAMHSA). The SAMHSA's national helpline (seen above) is linked to their website which can be used for individuals facing mental and/or substance use disorders. Another website that I found useful called the National Institute on Drug Abuse (NIDA), which also has a teen section! Here they share recovery journeys from other teens who have struggled in the past and found help with the NIDA.