



# Mental Health Resources for Teens



If you or someone you love is in immediate danger, please call 911.

## LOCAL RESOURCES:

**Stoughton Youth Commission (SYC)** clinicians are available during business hours for phone consultations and support. Call 781-341-2252 and leave a voicemail for Teresa Tapper (x9453) or Melissa Dawson (x9454). Visit Facebook @Stoughtonyouthcommission for resources and more information.

**Your School** - Talk to your school counselor, your nurse, a teacher, coach or administrator if you need extra support or help for you or a friend.

## Hotlines

**Crisis Text Line:** Text HOME to 741741 to talk to a Crisis Counselor  
Free 24/7 support

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)  
24/7 helpline for those in suicidal crisis or emotional distress

**Samaritans:** 877-870-HOPE (4673) or Text 24/7  
24/7 Crisis helpline for suicidal crisis

**NAMI Helpline:** 800-950-NAMI  
National Alliance on Mental Illness Helpline

**The Trevor Project** 866-4-uTREVOR  
24/7 confidential crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth

**National Domestic Violence Hotline:** 800-799-SAFE (7233) [www.thehotline.org](http://www.thehotline.org)

**Massachusetts Substance Use Hotline** - 800-327-5050 <https://helplinema.org>

## Web Based Resources

**You Matter** is a safe space for youth to discuss and share stories about mental health and wellness, created and administered by the **National Suicide Prevention Lifeline**. <https://youmatter.suicidepreventionlifeline.org/about-you-matter-2/>

**National Alliance on Mental Illness (NAMI)** provides support, education and services. <https://www.nami.org/Your-Journey/Teens-Young-Adults>

**SHINE: Care for Your Coronavirus Anxiety** shares tools for managing anxiety, including a Q & A with therapists. <https://www.virusanxiety.com>

**Half of Us** offers resources and support for teens. [www.halfofus.com](http://www.halfofus.com)

**Teen Mental Health** shares info on mental health, ways to get support for yourself and others. [www.teenmentalhealth.org](http://www.teenmentalhealth.org)