



NAMI

[NAMI](#)

COVID-Focused Resources: [COVID-19 Resource and Information Guide](#)

NAMI has released an extensive guide to mental health during COVID-19. It includes exhaustive tips and recommendations from mental health experts, links to free resources and exercises, and answers to FAQs. They also have a special helpline where you can seek emergent assistance with any mental-health-related issues.



The Jed Foundation

[The Jed Foundation](#)

The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today...and tomorrow by providing emergency services and healthy coping mechanisms for high school and college-aged youth.



National Network of Depression Centers

[National Network of Depression Centers](#)

The National Network of Depression Centers (NNDC) develops and fosters connections among members to use the power of our network to advance scientific discovery, and to provide stigma-free, evidence-based care to patients with depression.



Go Ask Alice!

[Go Ask Alice \(Columbia University\)](#)

This website is geared towards young adults and is a forum that has a large database of questions about a variety of concerns surrounding emotional health.



Kelty Mental Health Resource Center

[Youth and Young Adults | Kelty Mental Health](#)

Reference sheets are provided that list top websites, books, videos, toolkits and support for mental health disorders.



Reach Out

[ReachOut Australia](#)

This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips on how to relax and be more mindful about the way they spend their free time.



Active Minds

[Active Minds](#)

Active Minds encourages and safe mental health education for students and families through campus awareness campaigns, events, advocacy, outreach, and more.

Crisis Lines

teen line

Teenline: Teen & Youth Help Hotline

[Are You a Teen Looking for Help? Call, Text, or Email](#)

Do you need help working something out? Do you want to talk to someone who understands, like another teen? This line is here to provide you with the necessary information and support you need in times of crisis and struggle.



The National Suicide Prevention Lifeline

[Lifeline Chat and Text](#)

1-800-273-8255

The 24-hour, toll-free, confidential suicide prevention hotline is available to anyone in suicidal crisis or emotional distress. It provides Spanish-speaking counselors, as well as options for deaf and hard-of-hearing individuals.

Línea de Vida Nacional de Prevención del Suicidio ofrece servicios gratuitos en español para alguien que está en crisis o necesita ayuda llame al **1-888-628-9454**

Options for Deaf and Hard of Hearing **1-800-985-5990** or text TalkWithUs to **66746**

The Crisis Text Line is the only 24/7, nationwide crisis-intervention text-message hotline. The Crisis Text Line can be reached by texting **HOME** to **741-741**.



The Trevor Project

[The Trevor Project](#)

1-866-488-7386

This nationwide organization provides a 24-hour phone hotline, as well as limited-hour webchat and text options, for lesbian, gay, bisexual, transgender and questioning youth.

The Trevor Lifeline is a national 24-hour, toll free confidential suicide hotline for LGBTQ youth. Call **1-866-488-7386** 24/7.

Confidential [online instant messaging](#) with a Trevor Counselor 24/7

Confidential text messaging with a Trevor Counselor 24/7 Text START to **678678**

TrevorText can be reached by texting TREVOR to **1-202-304-1200** (available M-F from 3PM to 10PM ET).



The Trans Lifeline

[Trans Lifeline](#)

1-877-565-8860

The Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. It provides crisis intervention hotlines, staffed by transgender individuals, for trans and questioning callers.