

# You're Not Alone

## Mental Health Resources for Teens



You don't have to face challenges alone—help is just a call, text, or click away. There are people ready to support you. Below, you'll find a list of local and national mental health resources. Each one is designed to help with different needs, so you can reach out to the one that feels most comfortable for you.

### California Youth Crisis Line

A great way to get support from a trained counselor if you want to text instead of call. Text or call 800-843-5200.

**calyouth.org**

English only

### Take Space to Pause

Provides teens with information on the signs and effects of stress, and a tool to balance their stress response system.

**TakeSpaceToPause.org**  
**PausaYReflexiona.org**

English/Spanish

### BrightLife Kids

Free personalized mental health coaching for California kids ages 0–12 and families.

**hellobrightline.com/brightlifekids**

English/Spanish

### Soluna

Confidential support for 13-to-25-year-olds in California. Mental health coaching via chat or phone. Call 844-582-2111 for 1:1 coaching.

**solunaapp.com**

English/Spanish

### Finch

An app that lets you take care of a digital pet by taking care of yourself. Provides daily, personalized self-care exercises.

**finchcare.com**

English only

### Wellness Ed Lab (WEL)

Provides students (11+) with free evidence-based content offering practical skills to improve mental health and resilience.

**wellnessedlab.org**

English/Spanish

### The Trevor Project

24/7 confidential support for LGBTQ+ young people. Text "START" to 678-678 or call 866-488-7386.

**thetrevorproject.org**

English only

### Teen Line

Get support from highly trained teen listeners. Text "TEEN" to 839863 (6 p.m.–9 p.m. PT) or call 800-852-8336 (6 p.m.–10 p.m. PT).

**teenline.org**

English only

### CA Peer-Run Warm Line

24/7 non-crisis emotional support line made up entirely of peers with lived experience with mental health challenges. Call or text 855-600-WARM (9276).

**mentalhealthsf.org/warm-line/**

English only



### **Talkspace**

Online therapy for teens.

**talkspace.com/online-therapy/teens**

English only

Costs may apply for access to this resource.

### **Be There**

Mental health advice to help young people support others.

**bethere.org**

English/French

### **Seize the Awkward**

Tools and tips to help young people start a conversation with their friends about mental health.

**seizetheawkward.org**

English only

### **Live Beyond CA**

Support for teens who have experienced adverse childhood experiences (ACEs).

**livebeyondca.org**

English/Spanish

### **Start Your Recovery**

Education and resources for teens seeking support with alcohol and substance use.

**startyourrecovery.org**

English only

### **National Eating Disorders Association (NEDA)**

Resources for teens struggling with eating disorders and their supporters.

**nationaleatingdisorders.org**

Accessibility feature to change language to Spanish. It plays text in your native language.

### **CHHS Mental Health Resources for Youth**

Digital mental health support for youth, young adults, and families.

**chhs.ca.gov/youthresources/**

Language feature at the top of the page.

### **Find Social Services**

Search and connect for support. Find financial assistance, food pantries, medical care, and other free or reduced-cost help in your area, anywhere in the US.

**findhelp.org**

Multiple languages available



If you or a friend is experiencing thoughts of suicide, 988 can support you in your immediate crisis and connect you with follow-up resources. Open 24/7 and 100% free of charge. Confidential. Judgment-free. Share only what you want. English and Spanish.

### **988 Suicide & Crisis Lifeline**

Call or text 988 to speak with a trained counselor 24/7.

**988lifeline.org**

Resources are also available for people who are deaf, hard of hearing, or have hearing loss at **988lifeline.org/deaf-hard-of-hearing-hearing-loss/**

English/Spanish

### **American Foundation for Suicide Prevention**

Provides research, education, and advocacy for those affected by suicide, including those who have experienced a loss.

**afsp.org**

"Accessibility/Select language" feature called "Recite me." It plays text in your native language.

### **Never a Bother**

Designed to help teens and young adults experiencing suicidal ideation.

**neverabother.org**

English/Spanish