

## YOUTH FRIENDLY MENTAL HEALTH & OVERALL RESOURCES

- **Planned Parenthood:** Teen Support & Info- FAQs, about health, sex, relationships, your body, & other topics. <https://www.plannedparenthood.org/planned-parenthood-mar-monte/patient-resources/information-for-teens>
- **Al-Anon's World Service Office (WSO)** & ALATEEN Therefore, we urge anyone seeking a face-to-face meeting to connect with a local Al-Anon Information Service office, <https://bit.ly/2UbWR7e> , to verify the current status before attending. An alternative to local meetings are electronic meetings. These include online and phone meetings. Info can be found at: <https://bit.ly/2INCSla> We are grateful for your cooperation, patience, and understanding as we continue providing the services our members rely on and as we adapt to this situation, one day at a time.
- **Center for Young Women's Health and Young Men's Health:** These websites provides a series of guides on emotional health, including on test anxiety, depression, bullying, and eating disorders. [www.youngwomenshealth.org](http://www.youngwomenshealth.org) and [www.youngmenshealthsite.org](http://www.youngmenshealthsite.org)
- **Go Ask Alice!:** Geared at young adults, this question and answer website contains a large database of questions about a variety of concerns surrounding emotional health. [www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)
- **Girls Health.Gov:** The "Your Feelings" section of this website offers guidance to teenage girls on recognizing a mental health problem, getting help, and talking to parents. <http://girlshealth.gov/feelings/index.html>
- **Jed Foundation:** Promoting emotional health and prevent suicide among college students, this website provides an online resource center, ULifeline, a public dialogue forum, Half of Us, and Transition Year, resources and tools to help students transition to college. <http://www.jedfoundation.org/students>
- **Kelty Mental Health Resource Center:** Reference sheets are provided that list top websites, books, videos, toolkits and support for mental health disorders. <http://keltymentalhealth.ca/youth-and-young-adults>
- **Reach Out:** 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. <http://au.reachout.com/>
- **Teens Health:** Providing a safe place for teens who need honest and accurate information, this website provides resources on mental health issues. [http://teenshealth.org/teen/your\\_mind/](http://teenshealth.org/teen/your_mind/)
- **Teen Mental Health:** Geared towards teenagers, this website provides learning tools on a variety of mental illnesses, videos, and resources for friends. <http://teenmentalhealth.org/>
- **Helping Others Live Sober:** The mission of the "Helping Others" Research Project at Case Western Reserve University School of Medicine, Department of Psychiatry, Division of Child Psychiatry is to improve the quality of life for youth, families, and communities by providing a continuum of scientific information, education, and personal experiences related to the role of service in addiction recovery. <http://helpingotherslivesober.org/>
- National Resource Center on Children and Families of the Incarcerated(link is external)
- This website provides a range of information and resources to assist children and families of the incarcerated, including: research publications, training materials, fact sheets, Frequently asked questions documents, and more. <https://nrccfi.camden.rutgers.edu/>
- **LGBTQ Friendly Colleges & Student Resources:** Attending college can be difficult, but lesbian, gay, bisexual, transgender, and questioning students may have an even harder time than others. The following guide was created to help LGBTQ students understand how many campuses are

helping to make the college experience more welcoming and supportive.

<http://www.affordablecollegesonline.org/lgbtq-college-student-guide/>

- **Affordable Colleges Online's Guide to College Affordability for Students With Disabilities:** Affordable Colleges Online, an organization dedicated to providing free higher education tools and information for current and future college students and their families, has recently published a new resource for students with disabilities, titled "Making College Affordable: A Guide for Students with Disabilities." Multiple experts in the field with experience in academia, financial aid, and law contributed to the content in this resource guide, including: advice and resources for loans and scholarships available specifically for students with disabilities; a comprehensive list of the best schools for disabled students, evaluated by each institution's disability services; distance learning tips for students with disabilities; job resources for students with disabilities; and additional helpful resources. <http://www.affordablecollegesonline.org/spotlight/affordable-colleges-for-students-with-disabilities>
- **For Young Parents:** Shares information on the education and medical rights of pregnant and parenting teens currently in school. The resource also offers information on where teen parents can access support resources such as, finding child care, finding support groups, financial benefits, and recommendations to stay healthy. <http://www.shiftnc.org/resources/for-young-parents>
- **A Home Within:** Provides tools and online trainings to help professionals, caregivers, and foster parents support growth and healthy development, using relationship-based practices for pregnant, parenting teens, and transitional age foster youth. <https://www.ahomewithin.org/fostering-relationships/>
- **KidsHealth.org:** Provides information for parents whose teens are pregnant or recently became parents. The website includes information on what parents may be feeling, what teens may be feeling, and special considerations for pregnant teens. <https://kidshealth.org/en/parents/teen-pregnancy.html>

### **APPS & TECH SERVICES**

- **Beacon 2.0:** Beacon is a portal to online applications (websites, mobile applications and internet support groups) for mental disorders reviewed and rated by health experts. <https://beacon.anu.edu.au/>
- **Health Talk:** This website reflects the lived experience of mental health conditions, including research-based modules with hours of recording and analysis. [www.healthtalk.org/peoples-experiences/mental-health](http://www.healthtalk.org/peoples-experiences/mental-health)
- **Mindfulness for Teens:** This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings. <http://mindfulnessforteens.com/>
- Safe Place: 1-888-290-7233
- **Project Safe Place** provides access to immediate help and supportive resources for young people in crisis through a network of qualified agencies, trained volunteers and businesses in 32 states. Call the hotline to find out if the program operates in your state- look online: <https://www.nationalsafeplace.org/aboutus/about-where.php>
- **Mood 247:** A text messaging system that provides an easy way to record how you're feeling and tracks your daily moods to share with friends, family, or a health professional. <https://www.mood247.com/>

- **Strength of Us:** An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve goals through peer support and resource sharing. <http://strengthofus.org/>
- **Teen Talk** is a free app where teens can get support for whatever they may be dealing with from a trained teen. It is a safe, non-judgmental space where you can anonymously post your issue at any time and get support from a trained teen from 6:00 to 10:00PM Pacific time. On Teen Talk, teens can talk about anything from anxiety, depression, relationships, family issues, school... whatever may be causing you stress or worry. Don't bottle it up – reach out and talk to a Teen Talk peer! Download Teen Talk to vent, share, and get support from a trained teen! <https://teenlineonline.org/teen-talk-mobile-app/>

### **MENTAL HEALTH MEDICATION GUIDES**

- **Head Meds:** This website gives young people focused information about the most common medicines prescribed for mental health conditions. <http://www.headmeds.org.uk/>
- **Making Healthy Choices:** This guide provides information for youth in foster care related to making decisions about their mental health, treatment options, and the use of psychotropic medications. [www.childwelfare.gov/pubs/makinghealthychoices/](http://www.childwelfare.gov/pubs/makinghealthychoices/)

### **HELPLINES**

- **National Sexual Assault Telephone Hotline:** Call 800.656.HOPE (4673)- Support with Confidential support from a trained staff member, Support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams, Someone to help you talk through what happened, Local resources that can assist with your next steps toward healing and recovery, Referrals for long term support in your area, Info about the laws in your community, & Basic info about medical concerns ALL CONFIDENTIAL [online.rainn.org](http://online.rainn.org)
- **Campaign Against Living Miserably (CALM):** Visit [www.thecalmzone.net](http://www.thecalmzone.net) or UK residents call 0800-58-58-58 **Crisis Text Line:** Visit [www.crisistextline.org/](http://www.crisistextline.org/) or Text "START" to 741-741
- **Lifeline Crisis Chat:** Visit [www.crisischat.org/](http://www.crisischat.org/) to chat with crisis centers around the U.S.
- **List of International Suicide Hotlines:** Visit [www.suicide.org/international-suicide-hotlines.html](http://www.suicide.org/international-suicide-hotlines.html)
- **Love is Respect:** Visit [www.loveisrespect.org/](http://www.loveisrespect.org/), text "LOVEIS" to 22522, or call 1-866-331-9474 to talk with a peer advocate to prevent and end abusive relationships
- **National Eating Disorder Association:** Visit [www.nationaleatingdisorders.org/](http://www.nationaleatingdisorders.org/) or call 1-800-931-2237
- **National Suicide Prevention Lifeline :** Visit [www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/) or call 1-800-273-TALK (8255) Crisis Text Line / US: Text HOME to 741741 Canada: Text 686868
- **Mental Health America /** [mentalhealthamerica.net](http://mentalhealthamerica.net)
- **The Trevor Project LGBT Lifeline /** (Available 24/7) 1 866-488-7386
- **LGBT National Youth Talkline /** 1 800-246-7743
- **Project Semicolon /** <https://projectsemicolon.com/>

### **ADVOCACY**

- **Youth Power!:** Families Together NYS: YOUTH POWER! is a New York State network hosted by Families Together in NYS that is run for and by youth and young adults. We work to ensure young people have meaningful involvement on all levels of the services they receive. We ensure the

availability of Peer Support through persistent advocacy, technical assistance and by offering training and education opportunities. <https://youthpower.ftnys.org/>

- **Active Minds:** The leading nonprofit that empowers college students to speak openly about mental health, Active Minds aims to educate others and encourage help-seeking. <http://activeminds.org/>
- **Gay, Lesbian & Straight Education Network:** GLSEN is the leading national education organization focused on ensuring safe schools for all students. This website provides resources on finding GSA Chapters, and tools on how to establish or re-establish a GSA. <http://www.glsen.org/>
- **StopBullying.Gov:** This website offers resources specifically for teens to prevent bullying in their schools and communities and provides resources for those being bullied. <http://www.stopbullying.gov/>
- **Teens Against Bullying:** Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, take action, be heard, and own an important social cause. <http://www.pacerteensagainstbullying.org/>
- **Time to Change:** As England's biggest program to challenge mental health stigma and discrimination, this advocacy website provides ways to join the campaign and get others involved. [www.time-to-change.org.uk/](http://www.time-to-change.org.uk/)
- **Youth Resource:** Created by and for LGBTQ young people, this website provides information and resources on self-harm and suicide, personal stories and accounts, and useful hotlines. [www.youthresource.com/](http://www.youthresource.com/)

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