# Youth Support

## In crisis? Connect 24/7...

**Crisis Text Line**
Text: NATIVE to 741 741
WhatsApp

**National Suicide Prevention Lifeline**
Call: 1-800-273-TALK
Chat

## Abuse & Sexual Assault

- **StrongHearts Native Helpline**
  Call, text, or chat 24/7
  1-844-7NATIVE (762-8483)
  Chat

- **RAIINN**
  National Sexual Assault Hotline
  Call (24/7): 1-800-656-HOPE
  Chat

- **National Teen Dating Abuse Helpline**
  Call (24/7): 1-866-331-9474
  Text: LOVEIS to 22522
  www.loveisrespect.org

- **Childhelp National Child Abuse Hotline**
  (24/7): 1-800-4-A-Child (422-4453)

## Drugs, Alcohol & Tobacco

- **National Institute on Drug Abuse for Teens**
  Call: 1-800-662-HELP

- **Truth: Smoking, Vaping, and Opioids**
  Get 24/7 Support
  Text: DITCHVAPE to 88709

- **Get the Facts About Drugs: Just Think Twice**
  Call: 1-855-378-4373
  Text: 55753

- **National Drug Information Treatment & Referral Hotline**
  Call: 1-800-662-4357

## Mental Health

- **Mental Health America**
  Call: 1-800-969-6642
  Text: MHA 741741

- **Teens Helping Teens**
  Call: 1-800-852-8336
  Text: TEEN to 839863

- **We R Native: My Mind Ask Auntie & Uncle**
  Text: CARING to 65664

- **National Hotline. Reach Out & Get Help**
  Call: 1-800-448-3000
  Text: VOICE to 20121

  Caring Messages – to remind you of how awesome you are!
  Text: CARING to 65664
  Text: COLLEGE to 65664
Youth Support

Relationships & Dating

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat

Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org

That’s Not Cool
Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453

We R Native: My Relationships
Ask Auntie & Uncle

Sexual Health

Planned Parenthood
Call: 1-800-230-7526
Chat: Ask Roo
Find a Clinic

We R Native: Sexual Health
Text: SEX to 65664
Ask Auntie & Uncle

I Know Mine
Ask Nurse Lisa
I Want the Kit & Order
Condoms (AK mailing only)

It’s Your Sex Life
Live Chat

Bedsidder

Get Yourself Tested #GYT
Find a clinic near you

Sexual Identity - 2SLGBTQ+

Paths (Re)Membered Project
Text: 2SLGBTQ to 65664

Native Youth Sexual Health Network

The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
Chat

It Gets Better Project
Embrace the Journey

Trans Life
Call: 1-877-565-8860

Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233733
www.humantraffickinghotline.org

CLICK ON THE LOGOS TO GO TO RESOURCE
Youth Support

Bullying

Stopbullying.gov
What Teens Can Do
What Adults Can Do

Cyberbullying
Resources for Youth
Report Cyberbullying

We R Native: Bullying Prevention
Ask Auntie & Uncle

Text Message Campaigns

Text: NATIVE to 65664
For health & wellness tips

Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)

Text: SEX to 65664
Get tips and resources to protect your sexual health

Text: LGBTQ2S to 65664 or ALLY to 65664
Native. Two-Spirit. LGBTQ. #BornSacred

Text: STEM to 65664
For inspiration and motivation on your journey in Health, Technology, Engineering or Math

Text: FITNESS to 65664
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a fitbit!!!

CLICK ON THE LOGOS TO GO TO RESOURCE

We ALL need Help...
... at one point in time. Every single one of us! Trust your gut and...

Share - any concerns you have
Talk - with someone you can trust
Report - if you're worried about someone

Find Help Near You

SAMSHA - Zip code locator for a treatment center closest to you

Mental Health America - Zip code locator for a clinic closest to you