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

RAIIN
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 741 741

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863

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

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

PAGE 2 OF 3

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**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

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**Sexual Health**

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

We R Native: Sexual Health
Text: SEX to 94449
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

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**Sexual Identity - 2SLGBTQ+**

Paths (Re)Membered Project
Text: 2SLGBTQ to 94449

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

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**Other Resources**

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 233 733
www.humantraffickinghotline.org

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CLICK ON THE LOGOS TO GO TO RESOURCE
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

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

Text Message Campaigns

Text: NATIVE to 94449
For health & wellness tips

Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)

Text: SEX to 94449
Get tips and resources to protect your sexual health

Text: LGBTQ2S to 94449 or ALLY to 94449
Native. Two-Spirit. LGBTQ. #BornSacred

Text: STEM to 94449
For inspiration and motivation on your journey in Health, Technology, Engineering or Math

Text: FITNESS to 94449
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a fitbit!!!

We ALL need Help...
... at different points 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