

Youth Support



In crisis? Connect 24/7...

CRISIS TEXT LINE |

Crisis Text Line
Text: NATIVE to 741 741
WhatsApp
www.crisistextline.org/



Suicide and Crisis Lifeline
Call: 988 or 1-800-273-TALK
www.988lifeline.org/chat/

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
www.strongheartshelpline.org



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
www.rainn.org/



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)
<https://www.childhelpline.org/>

Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP
www.nida.nih.gov/researchtopics/parents-educators



Truth: Smoking, Vaping, and Opioids
Get 24/7 Support
Text: DITCHVAPE to 88709
www.thetruth.com/article/this-is-quitting



Get the Facts About Drugs: Just Think Twice
Call: 1-855-378-4373
Text: 55753
www.justthinktwice.gov/



National Drug Information
Treatment & Referral Hotline
Call: 1-800-662-4357
www.samhsa.gov/find-treatment

Mental Health



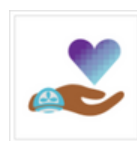
Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/



National Hotline. Reach Out &
Get Help
Call: 1-800-448-3000
Text: VOICE to 20121
www.boystown.org/hotline

teen line

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863
www.teenline.org/



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



We R Native: My Mind
[Ask Your Relative - Q&A Service](http://www.wernative.org/my-mind)
www.wernative.org/my-mind



Youth Support

PAGE 2 OF 3



Relationships & Dating



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



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



That's Not Cool: Futures Without Violence
Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453
<https://www.futureswithoutviolence.org/children-youth-teens/thats-not-cool/>



We R Native: My Relationships
Ask Your Relative - Q&A Service
www.wernative.org/myrelationships

Sexual Health



Planned Parenthood
Call: 1-800-230-7526
Chat: www.plannedparenthood.org/learn/roo-sexual-health-chatbot



We R Native: Sexual Health
Text: SEX to 94449
Ask Your Relative - Q&A Service



I Know Mine
www.iknowmine.org
I Want the Kit & Order Condoms
(AK mailing only)



It's Your Sex Life
Live Chat:
www.itsyoursexlife.com



Bedsidder
www.bedsider.org/



Get Yourself Tested #GYT
Find a clinic near you:
www.cdc.gov/std/saw/gyt/howtoGYT.htm



Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project
Text: 2SLGBTQ to 94449
www.pathsremembered.org/



Native Youth Sexual Health Network
www.nativeyouthsexualhealth.com/



The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
www.thetrevorproject.org/



It Gets Better Project
www.itgetsbetter.org/



Trans Life
Call: 1-877-565-8860
www.translifeline.org/



Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233 733
www.humantraffickinghotline.org



Youth Support



PAGE 3 OF 3

Bullying

stopbullying

Stopbullying.gov
www.stopbullying.gov/resources/teens



Cyberbullying
www.cyberbullying.org/resources/students



We R Native: Bullying Prevention
www.wernative.org/my-life/lifehacks/bullying-prevention

Find Help Near You



SAMSHA - Zip code locator for a treatment center closest to you
www.samhsa.gov/findtreatment



Mental Health America - Zip code locator for a clinic closest to you
www.mhanational.org/findaffiliate

CLICK ON THE LOGOS & LINKS TO GO TO RESOURCE

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: 2SLGBTQ 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!!!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO BUENO

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

