Youth Support

In crisis? Connect 24/7...

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

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

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**Abuse & Sexual Assault**

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

- **RAI N**
  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)

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**Drugs, Alcohol & Tobacco**

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

- **Truth: Smoking, Vaping, and Opioids**
  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

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**Mental Health**

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

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

- **We R Native: My Mind**
  Text: CARING to 65664
  www.wernative.org/my-mind

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

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

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Youth Support

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
Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453

We R Native: My Relationships
www.wernative.org/my-relationships

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
www.wernative.org/ask-your-relatives

I Know Mine
www.iknowmine.org/ask-nurse-lisa

It's Your Sex Life
www.itsyoursexlife.com

Bedsider
www.bedsider.org/

Get Yourself Tested #GYT
www.cdc.gov/std/saw/gyt/howtoGYT.htm

Trans Lifeline
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

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/
Bullying

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

Cyberbulling
www.cyberbullying.org/resources/students

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

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

Find Help Near You

SAMSHA - Find the treatment center closest to you
www.samhsa.gov/find-treatment

Mental Health America - Find the clinic closest to you
www.mhanational.org/find-affiliate

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