



Mental Health Resources for Teens and Families

1. **Youth Eastside Services** – www.youtheastsideservices.org
Mental health counseling focused on youth and families. They offer specialized programs for cultural, ethnic, and sexual minorities, youth with disabilities, and youth involved in the juvenile justice system.
2. **International Community Health Services/Highland Middle School, School-Based Health Center** – <https://bsd405.org/highland/resources/health-center/> -
Provides mental health services including assessments, counseling for mental health, substance abuse services, addresses healthcare and educational concerns all in a school-based setting.
3. **Therapy for Black Girls** – www.therapyforblackgirls/
A resource to find trusted, culturally competent therapists that can help navigate being a strong Black woman. Support making mental health topics more relevant and accessible for Black women and girls.
4. **Teen Line** – www.teenline.org
For teens looking for someone to talk to. There is no issue too big or too small. They provide safe online and phone support for teens. Call 800-852-8336 TEXT TEEN to 893863 6-10pm every evening pst.
5. **Teens Against Bullying** – www.pacerteensagainstbullying.org
For teens by teens this website is a place for middle and high school students to find ways to address bullying, take action, to be heard, and to own an important social cause.
6. **The Jed Foundation** – www.jedfoundation.org
The foundation protects emotional health and promotes suicide prevention for teens and young adults. They provide resources, peer to peer support, online support that includes finding mental health counseling for BIPOC teens and young adults from their communities, culturally competent counseling to mental health warning signs and when to ask for help.

7. **The Trevor Project** – www.trevorproject.org

The Trevor Project provides crisis intervention and suicide prevention services to LGBTQI+ and questioning young people ages 13-24. The Trevor Helpline is a 24-hour toll-free suicide hotline, 866-488-7386. Trevor text for texting text "Trevor" to 202-304-1200.

8. **Teen Link** – www.teenlink.org

You are not alone. There is someone that is willing to listen to you without judgement. Teen Link is a program of www.crisisconnections.org that serves youth in Washington state. Their teen volunteers are trained to listen to teens' concerns and talk with them about whatever is on their mind. 866-TEENLINK (833-6546)

9. **988 Lifeline** – www.988lifeline.org

Suicide is the second leading cause of death among young people ages 10-14. It may sometimes feel as though your struggle is being underestimated by your age. But we will hear you, and help is available, dial 988 24/7 for support.

10. **Therapy for Black Men** – www.therapyforblackmen.org

Black Male Therapy wants to break through the stigma that asking for help is a sign of weakness. Through an online directory of therapists and coaches' judgement free, multiculturally-competent care is provided for Black male youth and men.

11. **Black Girls Smile** – www.blackgirlssmile.org

Black Girls Smile provides gender responsive and culturally affirming mental wellness education, resources, and support geared for Black women and girls.

12. **Naseeha** – www.naseeha.org

Naseeha is a confidential, anonymous, no judgement mental health helpline for Muslim/non-Muslim youth and adults. Youth receive immediate support. Web therapy in multiple languages. Helpline – 866-627-3342.