

# Youth Support



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

**CRISIS TEXT LINE |**

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](#)



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](http://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



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

**teen line**

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



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



We R Native: My Mind  
[Ask Auntie & Uncle](#)  
Text: CARING to 65664



# Youth Support

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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](http://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 97779  
[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](#)



Bedsider



Get Yourself Tested #GYT  
[Find a clinic near you](#)



## Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project  
Text: 2SLGBTQ to 97779



Native Youth Sexual Health Network



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



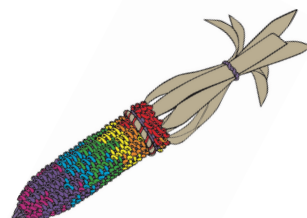
It Gets Better Project  
Embrace the Journey



Trans Life  
Call: 1-877-565-8860



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



CLICK ON THE LOGOS TO GO TO RESOURCE

# Youth Support



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## Bullying

stopbullying

[Stopbullying.gov](http://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



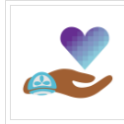
Mental Health America - Zip  
code locator for a clinic  
closest to you

CLICK ON THE LOGOS TO GO TO RESOURCE

## Text Message Campaigns



Text: NATIVE to 97779  
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 97779  
Get tips and resources to protect your sexual  
health



Text: LGBTQ2S to 97779 or ALLY to 97779  
Native. Two-Spirit. LGBTQ. #BornSacred



Text: STEM to 97779  
For inspiration and motivation on your journey  
in Health, Technology, Engineering or Math



Text: FITNESS to 97779  
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

