

Mental Health Resources

Save this list for easy reference

From [MentalHealth.gov](https://www.mentalhealth.gov)

Talk to your parent, guardian, or a trusted adult if you experience any of these things:

- Can't eat or sleep
- Can't perform daily tasks like going to school
- Don't want to hang out with your friends or family
- Don't want to do things you usually enjoy
- Fight a lot with family and friends
- Feel like you can't control your emotions and it's affecting your relationships with your family and friends
- Have low or no energy
- Feel hopeless
- Feel numb or like nothing matters
- Can't stop thinking about certain things or memories
- Feel confused, forgetful, edgy, angry, upset, worried, or scared
- Want to harm yourself or others


Excerpt from <https://www.mentalhealth.gov/talk/young-people>

**In an emergency,
call 9-1-1**

**For non-emergencies, below are some
numbers and websites to know.**

Crisis Text Line

Crisis Text Line - <https://www.crisistextline.org/>

What is Crisis Text Line? 

Crisis Text Line provides free, 24/7, high-quality text-based mental health support.
Text **HOME** to **741741** to reach a volunteer Crisis Counselor or message Crisis Text Line on Facebook Messenger.

@CrisisTextLine is here to help.
Text **HOME** to **741741** for free, 24/7 crisis counseling.

**Whether it's your friends,
family, or community,
everyone needs
someone to lean on.**



If you don't know where to turn,
you can text **HOME** to **741741**.

A volunteer Crisis Counselor with
Crisis Text Line will be there for you.
It's free and 24/7.

Crisis Text Line - if you're worried about a friend

#AlwaysAsk

"I care about you.
You have mentioned how
you've been struggling lately.
Is there anything I can do to
support your mental health?"

@CrisisTextLine is here to help.
Text **HOME** to **741741** for free, 24/7 crisis counseling.

#AlwaysAsk

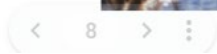
Text **HOME** to **741741**
to reach a volunteer Crisis
Counselor. Free, 24/7.

@CrisisTextLine

9-8-8 Suicide and Crisis Lifeline



When you're struggling and in crisis and call or text 988, your trained counselor will listen, support, and share resources. #988Lifeline



OK2Say Tip Line

If someone mentions hurting themselves or someone else

OK2Say - <https://www.michigan.gov/ok2say>



Call:

8-555-OK2SAY
(855-565-2729)



Text:

652729
(OK2SAY)



Email:

OK2SAY@mi.gov



Download App:



The Trevor Project

"The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people."

The Trevor Project - <https://www.thetrevorproject.org/>

Text

Text us from
anywhere, anytime.

Standard text messaging rates
may apply.

Text 'START' to 678-678

or

Call

Reach out to hear a
live voice on the line.

Call us at 1-866-488-7386