

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



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



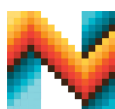
National Hotline. Reach Out
& Get Help
Call: 1-800-448-3000
Text: VOICE to 20121

teen line

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839863



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

PAGE 2



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



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 65664
[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 65664



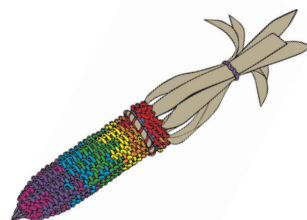
Native Youth Sexual Health Network



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 233733
www.humantraffickinghotline.org

CLICK ON THE LOGOS TO GO TO RESOURCE

Youth Support



PAGE 3

Bullying

stopbullying

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

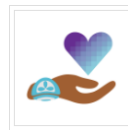


Mental Health America - Zip
code locator for a clinic
closest to you

Text Message Campaigns



Text: NATIVE to 65664
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 65664
Get tips and resources to protect your sexual
health



Text: LGBTQ2S to 65664 or ALLY to 65664
Native. Two-Spirit. LGBTQ. #BornSacred



Text: STEM to 65664
For inspiration and motivation on your journey
in Health, Technology, Engineering or Math



Text: FITNESS to 65664
For inspiration and motivation to conquer your
personal wellness goals and you could win
fitness gear or a fitbit!!!

CLICK ON THE LOGOS TO GO TO RESOURCE

We ALL need Help...

... at one point 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

