



YOUTH MENTAL WELLNESS RESOURCES



988

SUICIDE & CRISIS
LIFELINE

988 LIFELINE

Call or Text 988

Chat Services: <https://988lifeline.org/>

Offers 24/7 free and confidential support from trained counselors, connecting you to crisis help and local services in over 200 languages.



OWN YOUR MINDSET

Webpage: www.ownyourmindset.org

Instagram: @ownyourmindsetsd

Own Your Mindset empowers teens with resources and support to raise mental health awareness and build the skills needed to thrive and strengthen their mental well-being.



HERE NOW

Webpage: www.sdyouthservices.org

The Helping, Engaging, Reconnecting, and Educating (HERE) Now Program aims to increase awareness and promote conversations to prevent suicide in schools and communities.



TEEN LINE

800-852-8336 (6 PM - 10 PM PST) Text TEEN to 839863 (6 PM - 9 PM PST)

Webpage: www.teenline.org

The Teen Line offers a free and confidential 1-on-1 platform for teens to talk with a trained teen staff member about anything.



NEVER A BOTHER

Webpage: www.neverabother.org

Instagram: @neverabother

Never A Bother provides support, resources, and a sense of community to young people who may be struggling with feelings of hopelessness and despair.



SOLUNA

Webpage: www.solunaapp.com

Instagram: @solunaapp

The Soluna app offers confidential support for 13- to 25-year-olds in California. Users can chat one-on-one with professional coaches and utilize interactive tools.

