Youth Support

In crisis? Connect 24/7...

Crisis Text Line
Text: NATIVE to 741 741
WhatsApp
www.crisistextline.org/

Suicide and Crisis Lifeline
Call: 988 or 1-800-273-TALK
www.988lifeline.org/chat/

Abuse & Sexual Assault

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
www.strongheartshelpline.org

National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
www.rainn.org/

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)
https://www.childhelphotline.org/

Drugs, Alcohol & Tobacco

National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP
nida.nih.gov/research-topics/parents-educators

Truth: Smoking, Vaping, and Opioids
Get 24/7 Support
Text: DITCHVAPE to 88709
www.thetruth.com/article/this-is-quitting

Get the Facts About Drugs: Just Think Twice
Call: 1-855-378-4373
Text: 55753
www.justthinktwice.gov/

National Drug Information
Treatment & Referral Hotline
Call: 1-800-662-4357
www.samhsa.gov/find-treatment

Mental Health

Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863
www.teenline.org/

The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
www.thetrevorproject.org/

National Hotline. Reach Out & Get Help
Call: 1-800-448-3000
Text: VOICE to 20121
www.boystown.org/hotline

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

CLICK ON THE LOGOS & LINKS TO GO TO RESOURCE

Youth Support

Relationships & Dating

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
strongheartshelpline.org/

Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org

Futures Without Violence: Children
futureswithoutviolence.org/priority/children/

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

Sexual Health

Planned Parenthood
Call: 1-800-230-7526
Chat: https://roo.plannedparenthood.org/

We R Native: Sexual Health
Text: SEX to 94449

I Know Mine
www.iknowmine.org
I Want the Kit & Order Condoms
(AK mailing only)

Bedsidder
www.bedsider.org/

Get Yourself Tested #GYT
https://gettested.cdc.gov/

Native Youth Sexual Health Network
www.nativeyouthsexualhealth.com/

Native Test
https://nativetest.org/

Bullying

Stopbullying.gov
www.stopbullying.gov/resources/teens

Cyberbullying
cyberbullying.org/category/resources/students

CLICK ON THE LOGOS & LINKS TO GO TO RESOURCE

Youth Support

Find Help Near You

SAMSHA - Zip code locator for a treatment center closest to you
findtreatment.gov

Mental Health America - Zip code locator for a clinic closest to you
screening.mhanational.org/get-help/

CLICK ON THE LOGOS & LINKS TO GO TO RESOURCE

Text Message Campaigns

Text: NATIVE to 94449
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 94449
Get tips and resources to protect your sexual health

Text: STEM to 94449
For inspiration and motivation on your journey in Health, Technology, Engineering or Math

Text: FITNESS to 94449
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a fitbit!!!

Text: INSPIRE 94449
Get inspired to pursue public health career pathways by hearing from your Native role models

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP

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