

## Teen Suicide Prevention **RESOURCES**



Speaking up is sometimes a hard enough task without the added stress of thinking about where to find the answers to the questions you worry most about.

Life as a teenager can be stressful enough as it is... from homework to friend-

ships, fighting with parents, to getting into college. Sometimes, you could be looking for answers to questions you haven't even asked yet!

There are hundreds of resources for just about every problem you may have – and what's cool is that those people do have the answers to the questions you want answered, even if you don't believe that they will.

Whether you're looking for help for yourself or for a friend, or just need to vent, there are free resources available to you right now that can help with any problem – big or small. The first step is reaching out.

It can be hard to know where to go to find answers that make sense to you. There are MILLIONS of websites out there, and sometimes, the information on one site disagrees with what you find on another one! We've tried to make that easier for you. The sites listed have been reviewed to make sure that the information provided is accurate and relevant to your problems.

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Listed below are phone numbers, contact information, and websites that can be helpful. Remember, don't give up if the first resource you try doesn't work for you, keep looking until you find one that feels just right for what you're going through.

**988 or**

**Pathways 24/7 Help Line**

Call: 606-324-1141 or 800-562-8909

**National Suicide Prevention Lifeline**

Call: 1-800-273-TALK(8255)

[www.988lifeline.org](http://www.988lifeline.org)

**You Matter**

[www.youmatter.988lifeline.org](http://www.youmatter.988lifeline.org)

**Your Life Your Voice**

Call: 1-800-448-3000

Text: Text with a counselor for free every day, any day, any time.

Text VOICE to 20121 to start.

[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)

**The Trevor Project**

[www.thetrevorproject.org](http://www.thetrevorproject.org)

**National Runaway Safeline**

Call: 1-800-RUNAWAY

(1-800-786-2929)

[www.1800runaway.org](http://www.1800runaway.org)



[www.pathways-ky.org](http://www.pathways-ky.org)

Society for the Prevention of Teen Suicide

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