



MUSC YOUTH RESOURCES

FREE AND CONFIDENTIAL HELP AVAILABLE 24/7:



2-1-1 Helpline

Dial 211

Visit SC211.org – Download the SC 2-1-1 App



U.S. National Suicide Prevention Lifeline

1-800-273-TALK (8255) – www.suicidepreventionlifeline.org



988 Suicide & Crisis Lifeline

Call or text 9-8-8 if you are experiencing emotional distress or in a suicidal crisis



The Trevor Project

For LGBTQ+ youth struggling with mental health
Text START to 678678 – 1-866-488-7386
www.thetrevorproject.org



Crisis Texting Help Line

Text HOME to 741741 if you are feeling depressed or suicidal



National Runaway Safeline

1-800-786-2929
<https://www.1800runaway.org/youth-teens>



YOUTH COLLABORATIVE

OFFERS CLINICAL SERVICES, RESEARCH OPPORTUNITIES, AND EDUCATION PROGRAMS FOCUSED ON PREVENTING AND ADDRESSING ADOLESCENT SUBSTANCE USE.

[HTTPS://MUSCHEALTH.ORG/MEDICAL SERVICES/PSYCHIATRY/SERVICES/YOUTH-COLLABORATIVE](https://muschealth.org/medical-services/psychiatry/services/youth-collaborative)

TEXT YOUTH TO 44332 FOR MORE INFORMATION



SCAN THE QR CODE USING YOUR PHONE'S CAMERA FOR MORE ONLINE YOUTH & ADOLESCENT RESOURCES!

Check out teenshealth.org/en/teens/your-mind for advice with stress, relationships, dealing with problems, and being your best self!