

The ABCD Study: SRI International

Thank you for your participation in the ABCD Study! Here is some information that we give to everyone in our research studies. If you or someone you know is having a problem with depression, anxiety, alcohol, drugs, or other emotional or life concerns, help is available!

You are not alone:

- **EMERGENCIES: DIAL 9-1-1**
- **Santa Clara County Crisis Hotline: 855-278-4204**
- **Bullying Lifeline: 1-800-273-8255**
 - www.stopbullying.gov
- **Crisis Text Line: text BAY to 741741**

Did you know that if you text **BAY** to **741741** when you are feeling depressed or suicidal, a trained specialist will reply & continue to text until you are okay?

This is a **FREE** service available **24 hours a day, 7 days a week!**

Text **BAY** to
741741
For free, 24/7 crisis
support in the US

Get the care you need

Services for Mental Health Issues:

OnYourMind

A safe and anonymous place for teens with helpful resources to help deal with things on your mind, including relationships, school, depression, stress, suicide, friends, parents, cutting, identity, and health. Post questions to the 'Q+A' section, chat online or call the 24hr hotline. OnYourMind is staffed by volunteer high school students from the Bay Area who have been trained to help other teens.

<http://www.onyourmind.net/>

Call: 650-579-0350

The Trevor Project

Offers a texting line, online chat, or phone hotline for LGBTQ youth struggling with mental health or suicidal thoughts - 24hrs, 7 days a week

Call: 866-488-7386

Text: START to 678678

www.thetrevorproject.org

Peer2Peer Lines (teens and young adults)

Textline for teens and young adults who may struggle with anxiety, depression, substance abuse, or other concerns.

Text: 619-377-7111

www.mhsinc.org/peer2peer-lines

Lyric: Center for LGBTQ Youth in San Francisco

A center for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQQ) youth and allies aged 10-24.

Call: 415-703-6150

Email: kristin@lyric.org

<https://lyric.org/new-participants/>

CHECK OUT TEENSHEALTH.ORG/EN/TEENS/YOUR-MIND FOR ADVICE WITH STRESS, RELATIONSHIPS, DEALING WITH PROBLEMS, AND BEING YOUR BEST SELF



Scan the QR code using
your phone's camera for
more online youth
resources!