

# GETTING HELP

## National Suicide Prevention Lifeline



Toll-free hotline available to anyone in crisis or emotional distress. 24/7

Hotline: 1 (800) 273-TALK [8255]

## Boys and Girls National Hotline:

Teens can now text VOICE to 20121 or email [hotline@boystown.org](mailto:hotline@boystown.org) any day, any time to speak with a trained counselor.

1-800-448-3000



## Crisis Text Line



Text-based counseling service available anywhere in the US for people in any type of crisis or emotional distress. 24/7

TEXTLine: 741-741

## Oregon Youth Line:

You can text with another teen from 4-10pm PST or call, email, or chat with an adult at any time.

TEXT: teen2teen to 839863



## Lifeline Crisis Chat



Chat online with a trained counselor who can provide emotional support, crisis intervention, and suicide prevention services

[tinyurl.com/grtqsvu](https://tinyurl.com/grtqsvu)

## The Trevor Project

Organization providing crisis intervention and suicide prevention services to LGBTQ+ young people under 25.

[thetrevorproject.org](https://thetrevorproject.org)



# ABCD RESOURCES

## ABCD Spotify Playlist



Listen to song suggestions from other teens in the ABCD study. Add your fav song during your ABCD assessment

<https://tinyurl.com/42e89fmk>

## Saturday Academy

Hands-on learning for students grade 2-12 in the areas of Science, Technology, Engineering, Math and the Arts (STEAM)

<https://tinyurl.com/cj6kct22>



## OHSU K-12 Internships



Most programs are planning for in-person experiences, however, depending on COVID-19, virtual experiences may be offered instead.

<https://tinyurl.com/5bhtbb9v>

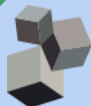
## NW Noggin

Northwest Noggin is an organization that brings scientists and artists and students of all ages together to contribute their expertise to enthruse young people about science and art,

<https://nwnoggin.org/>



## ABCD Educational Resources



Lesson Guides, Brain Science Resources & Videos

<https://tinyurl.com/2j77uz9t>

## ABCD Study

Learn more about the Adolescent Brain and Cognitive Development Study! Learn about the science you are contributing and the cool news around the study!

[ABCDstudy.org](https://ABCDstudy.org)



# GETTING ENGAGED

