

# ABCD Study: UW-Milwaukee

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 alcohol, drugs, or emotional concerns, help is available!

## You Are Not Alone:

EMERGENCIES: DIAL 2-1-1: [www.211wisconsin.org](http://www.211wisconsin.org)

- Milwaukee Youth Crisis Line, 24/7: (414) 257-7621
- Bullying Lifeline: 1-800-273-TALK (8255)  
[www.stopbullying.gov](http://www.stopbullying.gov)
- Crisis Texting Help Line: 741 741

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

This is a FREE service available in the U.S. 24 hours a day, 7 days a week!

**Text HOME  
to 741741**

for free, 24/7 crisis  
support in the US.

Get the Care You Need	
<b>Services for Mental Health Issues:</b>	
<b>Peer2Peer Lines (teens and young adults)</b> Textline for teens and young adults who may struggle with anxiety, depression, substance abuse, or other concerns.	Text (619) 377-7111 visit: <a href="http://www.mhsinc.org/peer2peer-lines">www.mhsinc.org/peer2peer-lines</a>
<b>The Trevor Project</b> Offers a texting line, online chat, or phone hotline for LGBTQ youth struggling with mental health or suicidal thoughts	Call: 1-866-488-7386 Text: START to 678678 visit: <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>
<b>Services for Alcohol and Drug Issues:</b>	
<b>Substance Abuse and Mental Health Services Administration</b> A confidential and anonymous source of information for persons seeking treatment facilities for substance use/addiction and/or mental health problems.	National Helpline: 1-800-662-4357 visit: <a href="http://www.findtreatment.samhsa.gov">www.findtreatment.samhsa.gov</a>
CHECK OUT <a href="http://TEENSHEALTH.ORG/EN/TEENS/YOUR-MIND">TEENSHEALTH.ORG/EN/TEENS/YOUR-MIND</a> 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 &  
ADOLESCENT RESOURCES!