

Youth Resources



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

GET THE CARE YOU NEED

The Trevor Project

Offers a texting line, online chat, or phone hotline for LGBTQ+ youth in any crisis.

Visit: thetrevorproject.org

Text: START to 678678

Call: 1-866-488-7386

National Suicide Prevention Hotline

Call anytime you feel desperate, alone, or hopeless.

Call: 1-800-273-8255

Visit: suicidepreventionlifeline.org

Substance Abuse Recovery

Visit: startyourrecovery.org

24/7 Support

YOU ARE NOT ALONE

Emergencies: Dial 911

General VA Resource: Dial 211

Richmond Crisis Services: 804-819-4100

Bullying Lifeline: 1-800-274-TALK (8255)

Crisis Texting Help Line: Text HOME to 741-741

24/7 Support

CHECK THIS OUT

Great resource for advice with stress, relationships, dealing with problems and being your best self!

Visit:

teenshealth.org/en/teens/your-mind

203 East Cary Street
Basement Level
Richmond, VA 23219

Phone: 804-828-4085
Text: 804-537-0678
Email: abcdevcuhealth.org

<https://rampages.us/jmbjork/>
@dneurolab_vcu
@dneurolab
@DNeuroLab.VCU