

FREE AND CONFIDENTIAL HELP

National Suicide Prevention Lifeline

This is a crisis hotline that can help with many issues, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline.

Call: 988



Boys and Girls National Hotline:

Teens can now text VOICE to 20121 or email hotline@boystown.org any day, any time to speak with a trained counselor.

Call 24/7: 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

<https://tinyurl.com/54r8ff4x>



The Trevor Project

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

thetrevorproject.org



If you are 14 years or older, you can seek outpatient mental health, drug or alcohol treatment on your own. (ORS 109.675) 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!

National Runaway Safe-line

Provides services to meet the current needs of vulnerable youth and ultimately achieve an end to youth homelessness.

<https://www.1800runaway.org/youth-teens>



Teens Health

Check out teens health for advice with stress, relationships, dealing with problems, and being your best self!

<https://teenshealth.org/en/teens/your-mind>



National Eating Disorders Association

Contact the NEDA Helpline for support, resources, and treatment options for yourself or a loved one who is struggling with an eating disorder.

<https://tinyurl.com/ptxt4z4>



CARES Northwest

CARES Northwest is a collaborative, community-based medical program for the assessment, treatment and prevention of child abuse.

<http://www.caresnw.org/contact-us/>



SAMHSA's Disaster Distress Helpline

Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Call 1-800-985-5990 or text TalkWithUs to 66746



Find Local Counseling Services

Therapist Finder Tool:
www.psychologytoday.com

Portland Therapy Center:
<https://www.portlandtherapycenter.com/>



ABCD STUDY RESOURCES



OH YEAH, THIS IS BIG BRAIN TIME

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>

Mental Health First Aid

teen Mental Health First Aid (tmHFA) teaches teens, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.

<https://tinyurl.com/5f7fujd6>

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>

Brain Facts!

Play around in this interactive brain model by BrainFacts.org! Choose an area of the brain in the dropdown (top left) to explore.

<https://tinyurl.com/2p9hjyxt>

Frontiers for Young Minds

Frontiers for Young Minds — A non-profit scientific journal written by scientists and reviewed by students.

<https://kids.frontiersin.org/>

Neuroscience For Kids

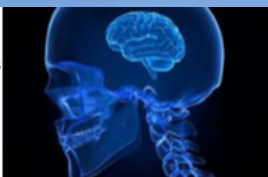
Neuroscience for Kids Build a neuron, test your reflexes, learn what a SLOG is, and more.

<https://tinyurl.com/2p842d8m>

Jelly Bean Taste Test Science Experiment

BEAN

<https://tinyurl.com/a4p3zztb>



BrainFacts.org



GETTING ENGAGED