

MENTAL HEALTH RESOURCES FOR TEENS



ABCStudy.org

Thank you for participating in the ABCD Study! Here are some handy phone numbers and websites we give to all the teens on our team.

If there is a medical emergency or someone is at immediate risk of harm, call 9-1-1.

Crisis Numbers

If you or someone you know is having overwhelming emotions, thinking of suicide, or worried about safety, here are some numbers you can call for free, 24/7

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| First Call Crisis | 802-488-7777 |
| Suicide Prevention Hotline | 1-800-273-8255 |
| Crisis Text Line | Text "VT" to 741741 |
| National Eating Disorder Association Helpline | (800) 931-2237 |



Agencies Helping Youth in VT

The Howard Center

802-488-6600

howardcenter.org

Counseling & support services for mental health, developmental, & substance use recovery

Spectrum VT

802-864-7423

spectrumvt.org

Helps youth in VT meet their basic needs & provides mental health/mentoring resources

Outright Vermont

802-865-9677

outrightvt.org

Programs, groups & support for queer & questioning youth

Helpful Websites

Vermont's Youth Resource Map

helps youth find resources near them for physical/mental health, food/housing insecurity, education, & many other issues!

youthresourcesmap.vermont.gov

Teenshealth provides advice for navigating stress, friendships, hard feelings, and becoming your best self!

kidshealth.org/teens

The Trevor Project is a place where LGBTQ youth can find support and answers to frequently asked questions about sexual orientation, gender identity, mental health, self-harm, & more!

thetrevorproject.org/resources