

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



Adolescent Brain Cognitive Development
Team: Boston, Florida, Kansas, Michigan, Oregon

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

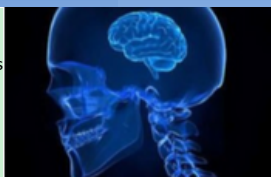
Neuroscience for Kids Build a neuron, test your reflexes, learn what a SLOG is, and more.

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

Jelly Bean Taste Test Science Experiment

BEAN

<https://tinyurl.com/a4p3zztb>



BrainFacts.org



GETTING ENGAGED

OHSU ABCD STUDY TEAM SPOTLIGHTS – RESEARCH ASSISTANTS

WHAT ARE YOUR RESEARCH/SCIENTIFIC INTERESTS? FUN FACTS?



ABBY: I got interested in psychology when I took a child development class in high school. I got to work in a preschool classroom and see what we were learning in class in action. Getting to see how toddlers, who don't know much at the beginning of the school year, can learn so much so quickly got me really excited about learning more. I took many child development classes in college and took a few bio-psychology classes and started to focus more on brain development, specifically in adolescence. **Fun Fact:** I can play 5 different instruments: flute, guitar, piano, tuba, and baritone.



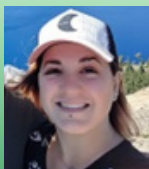
ARTURO: One of my psychology research interests is drug use and its relationship with mental health issues in the future. **Fun Fact:** I like playing a lot of video games! So let me know some of your favorites during this year's visit so we can geek out together.



ANTHONY: I am very interested in the intersection of race, sexuality, and income, and other demographic factors on health, and new mental health interventions. I want to eventually get a doctorate in Clinical Psychology and also get certified as a therapist. **FUN FACT:** Two truths and a lie: I have no belly button, I grew up in Tigard, and I play videogames in my free time. **ANSWER:** I grew up in Silverdale, Washington not Tigard.



ZENETTE: I am interested in becoming a pediatric clinical psychologist who studies the development of psychiatric disorders and neurobiological changes due to psychiatric disorders specially in bipolar, schizophrenia, and schizoaffective disorder, DID, Borderline personality disorder, and psychosis/psychosis symptoms. I also hope to create a more inclusive DSM-5 for BIPOC to reduce misdiagnosis of under marginalized populations and POC. **FUN FACT:** I enjoy anything nerdy including playing video games and Star Wars. My favorite Star Wars character is Jabba the Hutt. I love my husky Nana who we call Nana-Banana for short. Everyone mistakes her name to be Nala or Nana but she named after an anime called NANA.



MELISSA: I want to become a neuropsychologist because I am deeply intrigued by the possibility of using modern technologies like fMRI to draw connections between behavior and neural networks in the brain. One of the questions that I am most interested in is: what is the neural basis of criminal/psychopathological behavior? I want to use neuropsychology to work with disadvantaged and incarcerated youth on reducing recidivism and improving rehabilitation services to youth in the criminal justice system. **FUN FACT:** I talk to my cat (her name is Kitana) more than I talk to most humans!



IRIS: Adolescent brain cognitive development! Neuroscience and psychology in general – I love listening to podcasts like NPR's show, Hidden Brain. I love learning about medical imaging from multiple perspectives in my role as a research assistant. During the summer of my junior year of college, I had the opportunity to work one-on-one with a geology professor and another student on a meteorology focused research project. We all three attended and presented together at a research conference the following fall. Such a wonderful introduction to the world of research! **FUN FACT:** Favorite thing to do: cycling! Favorite place to be: my garden! Favorite thing in the entire universe: My two cats, Pearl and Spooky!