

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

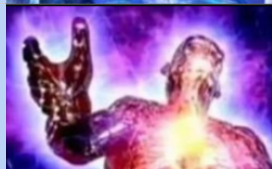
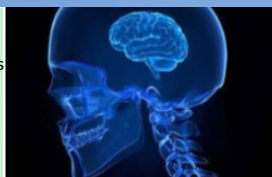
Neuroscience for Kids Build a neuron, test your reflexes, learn what a SLOG is, and more.

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

Jelly Bean Taste Test Science Experiment



<https://tinyurl.com/a4p3zztb>



BrainFacts.org



GETTING ENGAGED

OHSU ABCD STUDY TEAM SPOTLIGHTS – RESEARCH ASSISTANTS

WHAT HELPED YOU PREPARE FOR LIFE AFTER HIGHSCHOOL? FUN FACTS?



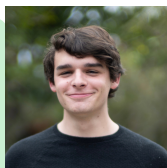
GLORIA (SHE/HER): In high school I loved volunteering at the Oregon Zoo! I volunteered over the summer and on Sundays throughout the school year. I eventually became an "Animal Specialist" and I worked with all the barn animals, some reptiles and even some insects! Something that I did in high school to prepare me for college was take a challenging course load. I took IB classes as a Junior and Senior. Not only did it help my knowledge in general, but it helped ease the transition into college level courses my Freshman year. It was helpful to get used to faster paced courses in an environment I was already familiar with as opposed to doing it while I was also trying to figure out college life.



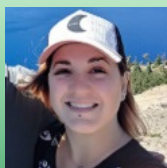
ARTURO (HE/HIM): My favorite activity in high school was playing video games and making music with friends. I learned how to play drums in high school and still play with those same high school friends from time to time. My high school was a full International Baccalaureate (IB) program, where all students take full IB courses for 11th and 12th grade. This program over-prepared me for college and actually burned me out to the point of not wanting to continue higher education. After a few light courses at Portland Community College, I eventually recovered from the IB program to finish my studies at University of Oregon.



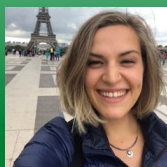
ANTHONY (HE/HIM): My favorite activity outside of school was really just being a home body by playing video games and messaging friends in my free time. My favorite school related activity was definitely helping plan community events for the Gay-Straight Alliance (GSA) or answering trivia questions in Quiz Bowl. Something I did to prepare for college was just being really active in my school community and challenging myself. I admittedly had some issues with maintaining a good GPA during certain years of high school due to my own personal struggles with mental health. My advice is really just doing your best to pursue hobbies and be a part of your school community as this really shines through in college applications even if your grades aren't the best.



JONAH (HE/HIM): I'm from Salt Lake City, so I loved to go up into the mountains with my friends. Whether it was skiing or hammocking in the forest, we used to make sure we were taking advantage of our access to all the beautiful nature in Utah! In high school, building connections and communicating with my teachers was a great way for me to solidify my comprehension of schoolwork and get personalized feedback on assignments. In college, these skills help you stand out in class, get a better understanding of the things you're learning about, and may help you find opportunities to get involved with projects that align with your academic interests!



MELISSA (SHE/HER): One of my favorite activities in high school was competing on our Speech and Debate team - I was really into acting! Although I didn't participate in the "debate" side of things, I loved crafting and performing pieces in the Dramatic, Humorous, and Duo categories! Our team was very competitive and we frequently went to national competitions so I got to travel to cool places as well! Something I did in high school to prepare for college was take AP courses for college credit. I took AP English, U.S. History and World History. It was nice getting a head start when I started college because I had more room to take courses I was more interested in!



IRIS (SHE/HER): One of my favorite activities in high school was choir. It was an awesome place to make strong friendships and there were lots of exciting trips and competitions I was able to participate in. Another highlight from my high school era was working as a lifeguard and swim instructor over summer breaks. I designated a lot of time in my schedule towards researching colleges and compiling a list of schools to apply to throughout my sophomore and junior years of high school. This entailed reaching out to many different sources including teachers, friends' older siblings who were in college, college admissions employees and others. I found getting a wide range of perspectives and hearing about lots of peoples' experiences to be very helpful.