



Adolescent Brain Cognitive Development®
Teen Brains. Today's Science. Brighter Future.

YOUTH RESOURCES

IMMEDIATE HELP FOR....

Mental Health	Western Psychiatric Hospital (WPH)	412-624-1000----24/7
	Resolve Crisis Network	1-888-796-8226----24/7
Self-Harm/ Suicidal Thoughts	The Suicide Prevention Lifeline	988 Text or Call----24/7
	LGBTQ – Trevor Project <ul style="list-style-type: none"> • Hotline for self-harm/suicidal thoughts. 	1-866-488-7386 Call 24/7 OR 24/7 Text "START" to 678-678
Sexual Assault/Rape	Pittsburgh Action Against Rape <ul style="list-style-type: none"> • Free services for victims of sexual violence or assault 	1-866-363-7273---- 24/7 www.paar.net/ Online chat and resources
Family Issues	Child Protective Services	1-800-932-0313---- 24/7
Pregnancy	Planned Parenthood of Western Pennsylvania	1-800-230-PLAN (7526) Pittsburgh Abortion Services >> 412-562-1900 Pittsburgh Family Planning Center >> 412-434-8971
Homelessness	Familylinks Youth Emergency Shelters (YES)	866-583-6003
Grief	Hotline	1-800-931-2237 or txt: NEDA to 741741
Bullying	Hotline	1-800-420-1479 or txt: HOME to 741741