

ABCD Study: UW-Milwaukee

Thank you for your participation in the ABCD Study! Here is some information that we give to everyone in our research studies. If you or someone you know is having a problem with alcohol, drugs, or emotional concerns, help is available!

CRISIS HELPLINES:

Crisis Text Line, 24/7:

Text "HOME" to **741741** (USA)

Suicide and Crisis Lifeline:

Text or Call **988**

National Suicide Prevention Lifeline:

Call 1-800-273-TALK (8255)

National Eating Disorder Association:

Text or Call 1-800-931-2237

Milwaukee Youth Crisis Line, 24/7:

(414) 257-7621

MAKE THE RIGHT CALL

9-1-1 for emergencies

- Impaired Driving
- House Fire
- Medical Emergency
- Abduction
- Robbery
- Report Domestic Violence
- Suspicious Activities
- Heart Attack or Stroke

Or text your ZIP Code to **TXT-211** to chat with a community specialist.



2-1-1 for info and resources

- Housing and Utility Issues
- Find Shelter
- Locate a Food Bank
- Natural Disaster Relief Information
- Fraud and Identity Protection
- Tax Preparation Assistance
- Veterans Services
- Support Groups and Counseling Services

Get the Care You Need

Services for Mental Health Issues:

Peer2Peer Lines (teens and young adults)

Textline for teens and young adults who may struggle with anxiety, depression, substance abuse, or other concerns.

Text (619) 377-7111

visit: www.mhsinc.org/peer2peer-lines

Trans Lifeline

A peer support phone service run by trans people for trans, questioning, and ALL peers.

1-877-565-8860

<https://translifeline.org/hotline/>

The Trevor Project

Offers a texting line, online chat, or phone hotline for LGBTQ youth struggling with mental health or suicidal thoughts

Call: 1-866-488-7386

Text: START to 678678

visit: www.thetrevorproject.org

Services for Alcohol and Drug Issues:

Substance Abuse and Mental Health Services Administration

A confidential and anonymous source of information for persons seeking treatment facilities for substance use/addiction and/or mental health problems.

National Helpline: 1-800-662-4357

visit: www.findtreatment.samhsa.gov



SCAN THE QR CODE USING YOUR PHONE'S CAMERA FOR MORE ONLINE YOUTH & ADOLESCENT RESOURCES!