

ABCD Study: UC San Diego

Thank you for your participation in the ABCD Study! Here is some information about resources that may be helpful to you or someone you know. If you or someone you know is experiencing problems with alcohol, drugs, mental health, bullying, or other emotional concerns, help is available!

You Are Not Alone:

- **Mental health or Substance Use Crisis:** CALL or TEXT 9-8-8: 988lifeline.org
- **Life-threatening Emergencies:** CALL 9-1-1
- **SD County Access & Crisis Line:** (888) 724-7240
- **Bullying Support:** www.stopbullying.gov
- **Crisis Texting Line:** TEXT HOME to 741741



If you are feeling depressed, overwhelmed, or experiencing a mental health or emotional crisis, you can text **HOME to 741741** to connect with a trained crisis counselor. This is a **FREE, confidential service** available in the U.S. 24 hours a day, 7 days a week!

Mental Health Services	
YouthLine Peer Support (teens and young adults) Text-based support for teens and young adults who may be struggling with anxiety, depression, substance use, bullying, or other emotional concerns. These services provide a safe, supportive space to talk with someone who understands what you may be going through.	Call: (877)-968-8491 Text: TEEN2TEEN to 839863 Chat: theyouthline.org Email: teen2teen@linesforlife.org
The Trevor Project (LGBTQ+ young adults) Provides free, confidential crisis support for LGBTQ+ young adults who are struggling with suicidal thoughts, bullying, loneliness, or other mental health concerns.	Call: 1-866-488-7386 Text: Text START to 678-678 Chat: thetrevorproject.org
Alcohol and Drug Services	
SMART Recovery A self-help program that provides tools and support for people who want to change behaviors related to alcohol, drugs, smoking, or other unhealthy or harmful behaviors.	Visit: smartrecovery.org
Substance Abuse and Mental Health Services Administration (SAMHSA) A free hotline and website where you can get confidential, 24-hour-a-day information on how to get help for yourself or your loved ones who are experiencing substance use problems.	Call: 1-800-662-4357 Visit: samhsa.gov Text: 5-digit ZIP Code to 435748
CHECK OUT KIDSHEALTH.ORG FOR ADVICE AND INFORMATION ABOUT STRESS, RELATIONSHIPS, DEALING WITH PROBLEMS, AND BEING YOUR BEST SELF.	



SCAN THE QR CODE
FOR MORE RESOURCES

