

# Suicide Prevention Resources for Students

Help is available 24 hours/day, 7 days/week

Call	<p><b>988 Suicide and Crisis Lifeline</b> (All languages/todos idiomas)</p> <p><b>988</b> provides compassionate support for those experiencing mental health-related crises including thoughts of suicide or a substance use crisis.</p>
Chat	<p>National Suicide Prevention Lifeline <a href="https://suicidepreventionlifeline.org/chat/">suicidepreventionlifeline.org/chat/</a></p> <p>Your Life Your Voice <a href="https://yourlifeyourvoice.org">yourlifeyourvoice.org</a></p>
Text	<p>Your Life Your Voice <b>Text VOICE to 20121</b></p> <p>Crisis Text Line <b>Text GO to 741741</b></p>
Visit	<p>National Suicide Prevention Lifeline <a href="https://suicidepreventionlifeline.org/">suicidepreventionlifeline.org/</a></p> <p>You Matter <a href="https://youmatter.suicidepreventionlifeline.org/">youmatter.suicidepreventionlifeline.org/</a></p> <p>Society for the Prevention of Teen Suicide <a href="https://sptsusa.org/teens/">sptsusa.org/teens/</a></p>
Apps	<p><a href="#">Virtual Hope Box</a> (iPhone or Android)</p> <p><a href="#">My Life My Voice Mood Journal</a> (iPhone or Android)</p> <p><a href="#">Calm</a> (May have in-app purchases)</p>

## Additional Resources

### Love is Respect

National resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.

Helpline: 1-866-331-947

Text LOVEIS to 22522

[loveisrespect.org](http://loveisrespect.org)

### notOK

A free digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out.

<https://www.notokapp.com/>

### Ditch the Label

Free resources for youth about topics such as bullying, mental health, cyberbullying, body-image, relationships, sex, identity, and coming out.

<https://www.ditchthelabel.org/>

### Active Minds

Supports mental health awareness for young adults through education, research, and advocacy.

<https://www.activeminds.org/about-us/mission-and-impact/>

### You Matter

A safe space for youth to discuss and share stories about mental health and wellness, created and administered by the National Suicide Prevention Lifeline.

<https://youmatter.988lifeline.org/>

### We R Native

A comprehensive health resource for Native youth, by Native youth including information on mental health, physical health, relationships, and more

<https://www.wernative.org/>

### ChatSafe

An interactive website offering tools and resources to support young people as they learn to recognize, avoid, and prevent dating violence in their lives.

[orygen.org.au/chatsafe](http://orygen.org.au/chatsafe)

### The Trevor Project

Suicide prevention and crisis intervention for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people.

Text START to 678678

<https://www.thetrevorproject.org/>

### National Institute on Drug Abuse

For substance abuse help and science-based information about drug use and health.

1-800-662-HELP

[teens.drugabuse.gov](http://teens.drugabuse.gov)

### Teen Health FX

An online resource to provide teens with answers for any and all questions about health, relationships, the body, and sexuality.

[teenhealthfx.com](http://teenhealthfx.com)

### Teen Central

A free and safe prevention and intervention resource for youth that offers therapeutic support to anonymously submitted problems and crises.

[teencentral.com](http://teencentral.com)

### Power to Decide

Information about relationships, sexual health, and contraceptive methods to help young people make informed decisions.

[powertodecide.org/teen-talk](http://powertodecide.org/teen-talk)

### My Life is Worth Living

Five powerful animated-story series that address suicide prevention and other mental health challenges that youth experience.

<https://mylifeisworthliving.org>