



# Suicide Prevention Resources for Teens



This sheet contains a list of websites with suicide prevention resources for teens—for those who may be at risk for suicide and those who have friends who may be at risk. These websites all have fact sheets, and some have videos, stories written by teens, and text and online chat options.

## **Crisis Text Line**

<http://www.crisistextline.org/>

Crisis Text Line provides free emotional support and information to teens in any type of crisis, including feeling suicidal. You can text with a trained specialist 24 hours a day. Text “HOME” to 741741.

## **Maine Teen Suicide Prevention**

<http://maine.gov/suicide/youth/index.htm>

This website speaks directly to teens. It has information about suicide prevention and related topics, how to get help for yourself and others, stories by teens about their experiences, and a quiz on information about suicide.

## **ReachOut.com**

<http://us.reachout.com/>

This website provides information and support for teens and young adults struggling with mental health issues, including suicide. All the material is written by teens and young adults. There are fact sheets about depression and suicide, stories about dealing with suicide issues, information on how to get help for yourself and how to help a friend, and the ReachOut blog. You can also join a forum to connect with your peers for immediate support and information or use the text service ReachOut TXT to get help from trained volunteers.

## **Society for the Prevention of Teen Suicide**

Teen Section: <http://www.sptsusa.org/teens/>

This website has a teen section where you can find information to help yourself or a friend who may be having suicidal thoughts. You can also find information on how to cope if a friend dies by suicide.

### **National Suicide Prevention Lifeline 1-800-273-TALK (8255)**

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat option is available at <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

## **Trevor Project**

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

The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth ages 13–24. Its website has information about the signs of suicide and a way to connect online with other LGBTQ youth. The Trevor Helpline is a 24-hour toll-free suicide hotline at 1-866-488-7386. TrevorChat is for online crisis chat 6 hours a day at [www.thetrevorproject.org/chat](http://www.thetrevorproject.org/chat). Trevor Text is for texting on Fridays late afternoon to early evening. Text “Trevor” to 202-304-1200.

## **Youth Suicide Prevention Program**

<http://www.yspp.org/>

This website is full of information for teens about suicide and suicide prevention, depression, how to help, and where to get help, as well as information for LGBTQ youth, including a video. It also has information on how to talk to a friend or an adult about suicide and materials for teens and adults who want to provide education about suicide prevention or start a suicide prevention program.

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**Suicide Prevention Resource Center**

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