



Teen Mental Health Resources



Suicide and Crisis Hotlines

➔ National Suicide Prevention Lifeline

☎ 24/7 hotline 1-800-273-8255

- suicidepreventionlifeline.org

➔ Crisis Text Line:

☎ 24/7 textline: Text "HOME" to 741741

- crisistextline.org

➔ Resolve Pittsburgh

☎ 24/7 hotline line: 1-888-796-8226

- upmc.com/services/behavioral-health/resolve-crisis-services

➔ Child and Adolescent Crisis Team Intervention Services (CACTIS): Part of Resolve

☎ 412-864-5065

- upmc.com/services/behavioral-health/resolve-crisis-services

LGBTQ

➔ Trans Lifeline

☎ 24/7 hotline 877-565-8860

- translifeline.org

➔ Trevor Project - For LGBTQIA+ youth

☎ 24/7 hotline 1-866-488-7386

Text "START" to 678678

- thetrevorproject.org/get-help-now

Informational Websites

➔ The Society for the Prevention of Teen Suicide

- sptsusa.org

➔ Be The 1 To - The 5 Steps

- bethe1to.com/bethe1to-steps-evidence

➔ HEARD Alliance: For Parents

- heardalliance.org/families-suicide

➔ Mental Health America Screenings

- screening.mhanational.org/screening-tools

Videos for Self-Regulation and coping skills

▶ Integrated Systems Check

youtube.com/watch?v=5b68hi1K-b4

▶ Positive Personal Mantra

youtube.com/watch?v=j4e19xsd964

▶ Body Scan

youtube.com/watch?v=0Ydlmgr-BY

▶ Breath Connection

youtube.com/watch?v=Q5V55skKtM4



upstreetpgh.org

Talk in real time with a real therapist
through direct messaging