



Mental Health Help & Resources

We all go through difficult times in our lives. If you are struggling or going through a tough time now, just know that help is available!

You don't need to go it alone

There are many people who care about you and want to help you—you just need to reach out and talk to them. Talk to a parent or relative, your school counselor, a trusted teacher, or your doctor. If you reach out for help, you *will* feel better.

Know that you are strong

Reaching out for help is **not** a sign of weakness. It is a sign of strength and perseverance.

That said, asking for help is not always easy. Here is some advice on how to reach out when you're unable to cope on your own.

- ▶ **Decide who can best help you.** Sometimes you just need someone to talk to, and other times you may need more advanced mental health care. Whether it's a parent, friend, counselor, or other professional, think about who is in the best position to help you feel better.
- ▶ **Be direct.** When you need help, get right to the point. A good place to start is, "I'm having trouble with something and I'm hoping you can help me."

Know that difficult times will pass and that things will get better.

Helpful Resources

No matter what you're going through, you don't have to go it alone. Here is a list of valuable mental health resources.



- ▶ **National Crisis Text Line:** Text HOME to 741741 to text with someone who can help. You can also chat online at crisistextline.org.
- ▶ **Suicide & Crisis Lifeline:** Call or text 988 for help and support. You can also call 911 if you feel you are in danger of harming yourself and need help immediately.
- ▶ **Activeminds.org** can help you connect with a mental health professional in your area.
- ▶ **Go Ask Alice!** Supported by a team of healthcare providers and other experts from Columbia University, this site is a safe place for you to ask questions about mental health, sexual health, and other topics. Visit goaskalice.columbia.edu.
- ▶ **Substance Abuse and Mental Health Services Administration** (samhsa.gov): If you or someone in your family is dealing with addiction and/or mental illness, this website can connect you with providers and treatment centers.
- ▶ **National Eating Disorders Association:** Visit nationaleatingdisorders.org for information and treatment options, or text NEDA to 741741.

When reaching out for help, be patient and persistent, *and don't give up!*

For tips on how you can improve your mental health, watch this short video.

