

If You're Struggling Right Now A Message for Teens Who Feel Overwhelmed

If you found this page because you are hurting, feeling hopeless, or wondering if life is worth it, please pause for a moment and take a breath.

What you are feeling right now may be incredibly heavy. Sometimes pain can feel so overwhelming that it seems like it will never change.

But feelings — even the most intense ones — are not permanent.

The way things feel right now does not mean this is how life will always feel.

Many people who once believed they could not survive what they were feeling later discovered that those moments passed and their lives changed in ways they could not imagine at the time.

You are not weak for feeling overwhelmed.

You are not broken for struggling.

And you are not alone, even if it feels like you are.

Sometimes the hardest part of emotional pain is the feeling that no one understands or that no one would care enough to listen.

But there are people who care deeply about you and who want to help you stay safe through this moment.

You do not have to carry this alone.

Talking to someone can feel scary, especially if you are worried about being judged, misunderstood, or getting in trouble.

But asking for help is one of the strongest things you can do.

You deserve support, safety, and understanding.

If you are feeling like you might hurt yourself or thinking about ending your life, please reach out to someone right now.

You can contact one of these **confidential** crisis resources:

988 Suicide and Crisis Lifeline

Call or text 988

Free support available 24 hours a day.

Crisis Text Line

Text HOME to 741741

A trained counselor will respond by text.

The Trevor Project (for LGBTQ youth)

Call or text 1-866-488-7386

If you are in immediate danger, please call 911 or go to the nearest safe adult.

You can also reach out to someone you trust in your life.

This might be:

- a parent or family member
- a teacher or school counselor
- a coach
- a youth leader
- a pastor
- a friend's parent
- another trusted adult

You do not need perfect words to start the conversation.

You could simply say:

“I’m not okay and I need someone to talk to.”

or

“I’ve been having a really hard time, and I don’t know what to do.”

Opening up may feel difficult at first, but it can also be the first step toward finding real help and relief.

Your life matters.

Even if it doesn’t feel like it right now.

Even if things feel confusing, painful, or overwhelming.

Your story is not finished.

There are people who care about you.

There are chapters of your life that have not been written yet.

And there is hope for healing, even if you cannot see it today.

If you are still here reading this, that means part of you is still fighting to stay.

That part of you deserves support.

Please reach out to someone today.

You do not have to go through this alone.