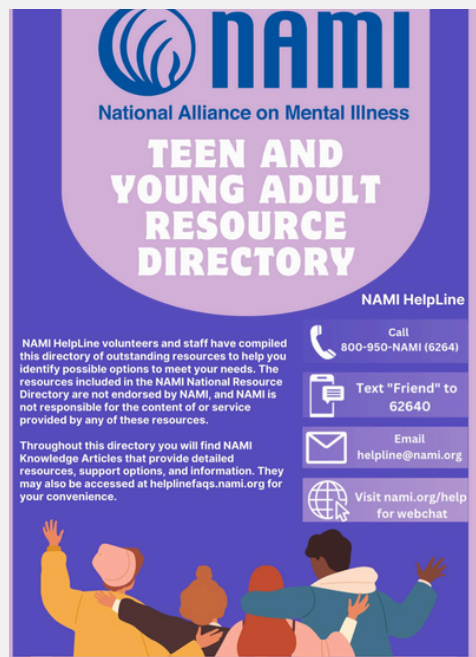


# MENTAL HEALTH RESOURCES OPPORTUNITY YOUTH (AGES 16-24)

## NAMI TEEN AND YOUNG ADULT

HelpLine  
Phone: 1-800-950-NAMI  
(6264)  
Email: [helpline@nami.org](mailto:helpline@nami.org)

<https://www.nami.org/your-journey/kids-teens-and-young-adults/youth-and-young-adult-resources/>



**nami**  
National Alliance on Mental Illness

### TEEN AND YOUNG ADULT RESOURCE DIRECTORY

NAMI HelpLine

NAMI HelpLine volunteers and staff have compiled this directory of outstanding resources to help you identify possible options to meet your needs. The resources included in the NAMI National Resource Directory are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.

Throughout this directory you will find NAMI Knowledge Articles that provide detailed resources, support options, and information. They may also be accessed at [helplinefaq.nami.org](http://helplinefaq.nami.org) for your convenience.

Call 800-950-NAMI (6264)  
Text "Friend" to 62640  
Email [helpline@nami.org](mailto:helpline@nami.org)  
Visit [nami.org/help](http://nami.org/help) for webchat

## CRISIS TEXT LINE

Text: "HELLO" or any word, phrase or message to **741741**

Connect with a volunteer Crisis Counselor for free, confidential, 24/7 support

Website:

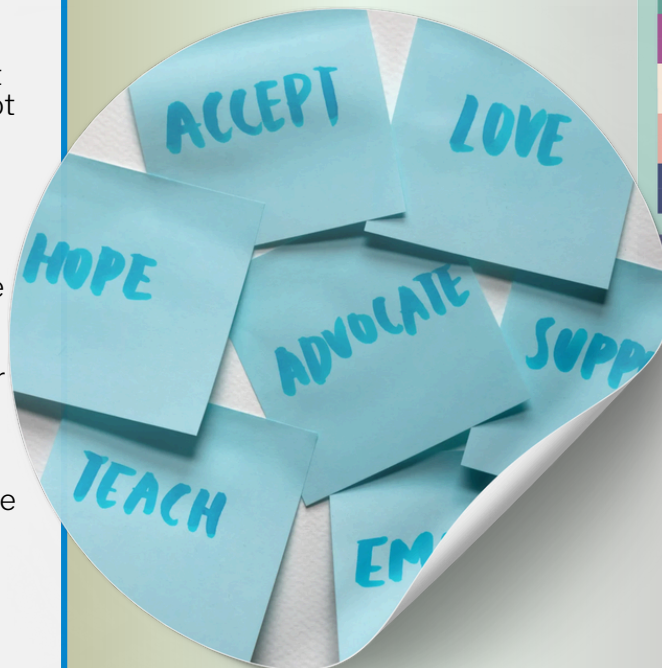
<https://www.crisistextline.org/>

## DISCLAIMER - THIRD-PARTY WEBSITE INFORMATION

We strive to provide accurate, timely information to help you navigate resources on third-party websites. However, please note that these external sites are not under our control, and the content they publish may change without notice. As a result, some details—such as links, policies, or procedures—may become outdated over time.

We sincerely apologize for any confusion or inconvenience this may cause. Your trust means a great deal to us, and we are committed to supporting you. If you encounter outdated or incorrect information, please don't hesitate to let us know—we'll do our best to correct it promptly and guide you in the right direction.

Thank you for your understanding.



### How to FRIEND

#### Know the 10 Common Warning Signs

- Feeling very sad or withdrawn for more than two weeks
- Seriously trying to harm or kill oneself or making plans to do so
- Severe out-of-control, risk-taking behaviors
- Sudden overwhelming fear for no reason
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- Seeing hearing or believing things that are not real
- Repeatedly using drugs or alcohol
- Drastic changes in mood, behavior, personality or sleeping habits or staying still
- Extreme difficulty in concentrating
- Intense worries or fears that get in the way of daily activities

#### Start the Conversation

"Tell me more about what's happening. Maybe I'll understand better, we can find a solution together."

"I've noticed you're sleeping more, eating less, etc. I'm here if you need to talk."

#### Offer Support

"I really want to help, what can I do to help you right now?"

"Would you like me to go with you to a support group or a meeting?"

"Let's sit down together and look for places to get help. I can go with you too."

#### Be a Friend

Learn more about mental health conditions

Avoid saying things like "you'll get over it," "toughen up" or "you're fine"

Tell your friend it gets better, help and support are out there

NAMI HelpLine  
NAMI  
NAMICommunicate  
NAMICommunicate  
www.nami.org



**Notareyes** Foundation  
Focused attestants. Guided by wise eyes.