

Mental Health Resources for Youth

Helping you to find the support you need



If you feel stressed, anxious or depressed, or if you're just feeling off, reach out for help. Talk to a trusted adult, a school counselor, your faith-based organization. Having a support system is vital. You can also find support through these resources.

The 988 Suicide & Crisis Lifeline

If you, or someone you know, needs immediate help with mental health or substance use support:

- Call 9-8-8
 - » press 2 for Spanish
 - » press 3 for LGBTQIA+ support
- Text 9-8-8 (English only)
- Chat online: [988Lifeline.org](https://988lifeline.org)
- Learn more: 988.maryland.gov



Looking for support close to home?

Contact your [local behavioral health authority](#) to find resources in your area or call Maryland's youth crisis hotline: 800-422-0009.

The Jed Foundation

The Jed Foundation empowers teens and young adults by building resiliency and life skills. Jed's Mental Health Resource Center provides essential information about common emotional health issues and shows teens and young adults how they can support one another and overcome challenges: jedfoundation.org.

The Trevor Project

The Trevor Project provides 24/7 support to LGBTQIA+ young people. Contact a trained counselor who understands and will listen without judgment. Conversations are confidential, and you can share as much or as little as you'd like:

- Call: 1-866-488-7386
- Text: 'START' to 678-678
- Chat: thetrevorproject.org/get-help

MD Young Minds

Text "MDYoungMinds" to 898-211 to sign up to receive inspirational text messages with actionable tips and tools to improve your mental wellness:

211md.org/about/text-messages.

DID YOU KNOW?



Maryland's Good Samaritan Law

If you suspect a drug or alcohol overdose: don't run, call 911.

Maryland's Good Samaritan Law protects you if you stay and help.

Learn more: [beforeitstoolate](https://beforeitstoolate.maryland.gov/good-samaritan-law).

maryland.gov/good-samaritan-law.