

YOUTH/ TEEN SPECIFIC RESOURCES.

If you are unable to locate Youth/ Teen Resources for your country or location, please see the full list of Mental Health resources on missedie.com/codepurple or reach out to member of the team for assistance.

- **United States-** 911 is the national emergency number in the United States.
 - **Boys Town National Hotline (1.800.448.3000)** - Crisis and support line for children, youth and their parents, 24/7 and Spanish available. Multi-topic and issue assistance.
 - **Childhelp (1.800.4ACHILD)** - Provides 24/7 assistance in 170 languages to adults, children and youth with information and questions regarding child abuse. All calls are anonymous and confidential.
 - **National Runaway Safeline (1.800.RUNAWAY)** - Crisis line for youth thinking about running away, for youth already on the run and for adults worried about a runaway. 24/7 help available.
 - **Loveisrespect.org (1.800.331.9474)** - Peer advocates available 24/7 to support teens with concerns about dating violence. Chat available thru their website, or text "LOVEIS" to 22522.
 - **Trevor Project Lifeline (1.866.488.7386)** - Provides 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.
 - **National Suicide Prevention Lifeline (1.800.273.TALK)** - Support and assistance 24/7 for anyone feeling depressed, overwhelmed or suicidal.
 - **Crisis Text Line Text "HELLO" to 741741** - The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S.
 - **Disaster Distress Helpline Call or text 1-800-985-5990** - The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, seven days a week.
- **Canada-** 911 is the national emergency number for Canada.
 - **Kids Help Phone Call 1-800-668-6868 (toll-free) or text CONNECT to 686868.** - Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders.
 - **Canada Suicide Prevention Service 1-833-456-4566 or 45645 (Text, 4 p.m. to midnight ET only)** (<http://www.crisisservicescanada.ca/>) nationwide suicide prevention and support network.
 - **Ontario College and University Students 1-866-925-5454**

- **Parents for Youth (416) 921 8092** - Parents for Youth has acquired and developed an effective method for dealing with children with severe behaviour problems.
- **Breakaway Youth & Family Services (416) 234 1942** - A counselling agency that helps youth 13 to 25 and their families who are concerned about the use of drugs or alcohol.
- **Covenant House Teen Hotline (NineLine) 1 (800) 999-9999** - General hotline for adolescents, teens and their families.
- **United Kingdom**- 999 and 112 is the national emergency number in the United Kingdom
 - **CHILDLINE - 0800-1111**
 - **Family Line - 0808-800-5678**
 - **Papyrus Hopeline - 0870-1704000**
 - **The Samaritans - 116123**
 - **Brook Young People's Information Service: www.brook.org.uk** - Information, support and signposting service for young people under 25 on sexual health. Also run a confidential enquiry service via the Brook website.
 - **Eighteen and Under: www.18u.org.uk** - Support, information and helpline for young people under 18 who have experienced any type of abuse. (Area served: Scotland)
 - **Muslim Youth Helpline: 0808 808 2008 www.myh.org.uk** - Helpline providing culturally sensitive support to Muslim youth under the age of 25. Outreach services including family mediation, face to face counselling and befriending. (Area served London)
 - **Runaway Helpline: 116 000 www.runawayhelpline.org.uk** - Runaway Helpline is here if you are thinking about running away, if you have already run away, or if you have been away and have come back.
- **Australia**- 000 is the national emergency number in Australia
 - **Kids Helpline Call 1800 55 1800** - Australia's free 24/7 confidential and private counseling service specifically for children and young people aged 5 – 25.
 - **Beyond Blue 1300 22 4636 (www.beyondblue.org.au)** - Call or chat online with a trained mental health professional any time of the day or night.
 - **Headspace 1800 650 890** - Online and telephone support service that helps young people who don't feel ready to attend a headspace centre or who prefer to talk about their problems via online chat, email or on the phone.
- **Austria**- 112 is the national emergency number for Austria.
 - **147** is the number of **Rat auf Draht**, a crisis number especially for children, juveniles and their attachment figures. Free of charge, operating 24 hours a day.
- **Azerbaijan**- 112 is the national emergency number in Azerbaijan.
 - **510-66-36** is the official youth crisis hotline operated by Initiative for Development.
- **The Bahamas**- 911 is the national emergency number in The Bahamas

- **Tel. (242) 322-2763 or Tel. (242) 422-2763** The National Hotline can be accessed at any one of the two hotline numbers.
- **China**- 110 is the national emergency number in mainland China.
 - **Beijing Suicide Research and Prevention Center** (<http://www.crisis.org.cn>), a World Health Organization Collaborating Centre for Research and Training in Suicide Prevention, available 24/7 at **800-810-1117** (for landline callers) or **010-8295-1332** Lifeline China (<https://www.lifelinechina.org/>) available 10am to 10pm every day at **400 821 1215**.
- **Hungary**- 112 is the national emergency number for Hungary.
 - **Blue Line** (<https://kek-vonal.hu/>): **Call 116-111** 24/7 - Anonym child crisis helpline providing emotional support for young people who are in need of someone to listen to them, provide comfort, give suggestions or if they're just simply curious about topics regarding their surrounding. Chat and E-mail available on the website, but registration is needed.
- **Lithuania**- 112 is the national emergency number for Lithuania.
 - **Vaikų linija (Childline)**: Free and anonymous help to the children and teenagers by phone and online. Phone **116 111** 11:00 AM to 11:00 PM or chat online here (Mon-Fri, 6PM-9PM)
 - **Jaunimo linija (Youth Line)**: Free, confidential and anonymous emotional support line for those struggling with daily issues, emotional distress or at risk of suicide. Help is being provided by Phone **8 800 28888** (24/7), email or chat online here (Mon-Sat, 6 PM - 10 PM)
- **New Zealand**- 111 is the national emergency number for New Zealand.
 - **Youthline** (<https://www.youthline.co.nz>) Call **0800 376 633** or text
- **Poland**- 112 is the national emergency number for Poland.
 - **Foundation 'Dajemy Dzieciom** provides psychological help for children (younger than 18) as in crisis, home violence, or bullying. It can be reached 24/7 by dialing **116 111**.