Youth Support

In crisis? Connect 24/7...

Crisis Text Line
Text: NATIVE to 741741
WhatsApp

National Suicide Prevention Lifeline
Call: 1-800-273-TALK
Chat

Abuse & Sexual Assault

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat

RAIIN
National Sexual Assault Hotline
Call (24/7): 1-800-656-HOPE
Chat

National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org

Childhelp National Child Abuse Hotline
(24/7): 1-800-4-A-Child (422-4453)

Drugs, Alcohol & Tobacco

National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP

Truth: Smoking, Vaping, and Opioids
Get 24/7 Support
Text: DITCHVAPE to 88709

Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753

National Drug Information Treatment & Referral Hotline
Call: 1-800-662-4357

Mental Health

Mental Health America
Call: 1-800-969-6642
Text: MHA 741741

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863

We R Native: My Mind
Ask Auntie & Uncle
Text: CARING to 65664

National Hotline. Reach Out & Get Help
Call: 1-800-448-3000
Text: VOICE to 20121

Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664

CLICK ON THE LOGOS TO GO TO RESOURCE
Youth Support

Relationships & Dating

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat

Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org

That’s Not Cool
Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453

We R Native: My Relationships
Ask Auntie & Uncle

Sexual Health

Planned Parenthood
Call: 1-800-230-7526
Chat: Ask Roo
Find a Clinic

We R Native: Sexual Health
Text: SEX to 97779
Ask Auntie & Uncle

I Know Mine
Ask Nurse Lisa
I Want the Kit & Order
Condoms (AK mailing only)

It’s Your Sex Life
Live Chat

Bedsidder

Get Yourself Tested #GYT
Find a clinic near you

Sexual Identity - 2SLGBTQ+

Paths (Re)Membered Project
Text: 2SLGBTQ to 97779

Native Youth Sexual Health Network

The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
Chat

It Gets Better Project
Embrace the Journey

Trans Life
Call: 1-877-565-8860

Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233 733
www.humantraffickinghotline.org
Youth Support

Bullying

Stopbullying.gov
What Teens Can Do
What Adults Can Do

Cyberbullying
Resources for Youth
Report Cyberbullying

We R Native: Bullying Prevention
Ask Auntie & Uncle

Text Message Campaigns

Text: NATIVE to 97779
For health & wellness tips

Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)

Text: SEX to 97779
Get tips and resources to protect your sexual health

Text: LGBTQ2S to 97779 or ALLY to 97779
Native. Two-Spirit. LGBTQ. #BornSacred

Text: STEM to 97779
For inspiration and motivation on your journey in Health, Technology, Engineering or Math

Text: FITNESS to 97779
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a fitbit!!!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT’S NO BUENO

Find Help Near You

SAMSHA - Zip code locator for a treatment center closest to you

Mental Health America - Zip code locator for a clinic closest to you

CLICK ON THE LOGOS TO GO TO RESOURCE

We ALL need Help...

... at different points in time. Every single one of us! Trust your gut and...

Share - any concerns you have

Talk - with someone you can trust

Report - if you’re worried about someone