

Youth Mental Health Resources

General Mental Health Websites

- National Alliance on Mental Illness
- National Institute of Mental Health
- Substance Abuse and Mental Health Services Administration
- Teen Line Online (teens helping teens)

Suicide Prevention Websites

- The Trevor Project (Suicide Prevention for LGBTQ+ Community)
- National Suicide Prevention Lifeline
- American Foundation for Suicide Prevention
- Mdcrisisconnect.org (Maryland crisis website)
- Grassrootscrisis.org (Crisis website)

Substance Abuse Disorders Websites

- National Council on Alcoholism and Drug Dependence, Inc.
- National Institute on Alcohol Abuse and Alcoholism
- National Institute on Drug Abuse
- Al-Anon and Alateen
- Narcotics Anonymous and Alcoholics Anonymous
- Smart Recovery (Substance Abuse Disorders)
- Substance Abuse and Mental Health Services Administration

Eating Disorders Websites

- National Association of Anorexia Nervosa and Associated Disorders
- National Eating Disorders Association
- Gurze Books Website (Eating Disorders)
- Eating Disorders Anonymous
- Overeaters Anonymous

Mental Health Help Lines

- National Suicide Prevention Hotline: 1-800-273-8255
- Crisis Text Line: Text Connect to 741741
- Teen Line: 1-800-TLC-TEEN or text TEEN to 839863
- Maryland Crisis Hotline: 1-800-422-0009
- Maryland Crisis Connect: 211
- Western Maryland Health System Crisis Counselor: 240-964-1399
- Eating Disorder Hotline: 1-800-931-2237

Anxiety Websites

- Anxiety Slayer
- Anxiety.org
- Social Anxiety Association
- Anxiety Social Net

Depression and Bipolar Disorders Website

- Depression and Bipolar Support Alliance

Schizophrenia and Related Disorders Website

- Schizophrenia and Related Disorders Alliance of America

Screening Tools Websites

- www.drugscreening.org
- www.alcoholscreening.org
- www.depressionscreen.org

Free Mental Health/Stress Management Apps

- Tingles: stress management
- Thinkup: positive affirmations
- Pacifica: reduce stress and anxiety
- Stress Check: stress management
- What's Up?: anxiety, depression, stress, anger
- Insight Timer: meditation
- Moodpath: depression
- My3: suicide prevention
- Calm: reduce anxiety and stress management
- 7 Cups: text chat about mental health
- Relax Melodies: stress management
- Headspace: meditation and mindfulness
- Thisissand: stress management technique
- Simple Habit: meditation
- Motivation: inspirational quotes
- Happify: for stress and worry (games)
- Breathe2Relax: breathing technique
- There Is Hope: crisis intervention

Compiled by Western Maryland Health System Community Wellness

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