

Resources for Students

- ❖ The Trevor Project
 - Call (866) 488-7386 to speak with a trained counselor.
 - Text START to 768-768 to message with a trained counselor.
- ❖ National Suicide Prevention Lifeline
 - Call (800) 273-8255 any time of day or night when in crisis or emotional distress.
 - The lifeline is confidential and free, and services are available in English & Spanish.
- ❖ Crisis Text Line
 - Text 741-741 anytime to message with a trained crisis counselor.
- ❖ LGBTQ+ National Youth Talkline
 - 1-800-246-PRIDE (1-800-246-7743)
- ❖ National Domestic Violence Hotline
 - Call (800) 799-7233 for confidential support.
 - Text START to 88788 to chat with someone for confidential support.
- ❖ Santa Clara County Suicide & Crisis Hotline
 - Call 1-855-278-4204. Services are available 24/7.
- ❖ National Sexual Assault Hotline (RAINN)
 - Call 1-800-656-4673.
 - Services are available 24/7 and you will be connected to a trained staff member in your area.
- ❖ Teen Dating Violence & Abuse (Love is Respect hotline)
 - 1-866-331-9474
- ❖ National Runaway Safeline
 - 1-800-RUNAWAY (1-800-786-2929)
- ❖ National Alliance on Mental Illness (NAMI)
 - 1-800-950-NAMI (1-800-950-6264)
- ❖ SAMHSA (Substance Abuse and Mental Health Services Administration)
 - 1-800-662-HELP (1-800-662-4357)

Mindfulness Resources

- ❖ <https://www.mindfulnessforteens.com/about-mindfulness>
- ❖ Insight Timer - free meditation app
- ❖ Finch app- self care widget pet
- ❖ Calm app - an app for meditation, sleep, and mental resilience
- ❖ Big Life Journal - growth mindset and mindfulness journal
- ❖ <https://www.downdogapp.com/schools> - app for yoga and meditation
- ❖ <https://challengesuccess.org/resources/> - resources for well-being