

Crisis Services and Resources for Teens with Depression and/or Suicidality

Immediate Support:

- ▶ Access and Crisis line: **888-724-7240**. Chat Services: <https://omnidigital.uhc.com/sdchat/> Chat services are available via computer, tablet, or smartphone Monday through Friday (4pm to 10pm).
- ▶ For emergencies, call **911** and ask for **PERT** (Psychiatric Emergency Response Team)
- ▶ Call **211** for access to a comprehensive guide of community, health, social, and disaster services
- ▶ National Crisis Text Line: Text **HOME** to **741741**. to connect with a Crisis Counselor 24 hours a day, 7 days a week.
- ▶ National Suicide Prevention Lifeline - **1-800-273-TALK (8255)**.
- ▶ Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline - **1-800-662-HELP (4357)**. This helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.

Programs and Resources for Teens with Depression and/or Suicidality

Local Program Websites:

- ▶ Mental Health America of San Diego County (MHASD) offers numerous programs and services focused on the following four areas: Advocacy, Education, Services, and Research. Call (619) 543- 0412 or visit <https://mhasd.org/>
- ▶ The It's Up to Us campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. This campaign is developed through the County of San Diego Health and Human Services Agency. Mental health and suicide prevention resources for young adults: <https://up2sd.org/young-adults/resources/resource-guide/>. Resources for parents: <https://up2sd.org/resources/parents/>
- ▶ San Diego Youth Service's program, Helping, Engaging, Reconnecting and Educating (HERE) Now, focuses on increasing awareness, promoting conversations and inspiring connections to prevent suicide. HERE Now is now active in 116 schools in 22 school districts in San Diego County. https://sdyouthservices.org/what_we_do/services/suicide-prevention-and-intervention/
- ▶ SD Suicide Prevention Council. Provides resources, activities and various subcommittees that the public can join: <https://www.sdchip.org/initiatives/suicide-prevention-council/>

National Programs Websites:

- ▶ You Matter is a safe space for youth to discuss and share stories about mental health and wellness, created and administered by the National Suicide Prevention Lifeline. <https://youmatter.suicidepreventionlifeline.org/>
- ▶ Active Minds is a nonprofit organization supporting mental health awareness and education for young adults. Active Minds is at more than 800 colleges and high schools nationwide, including 550 student-led chapters. <https://www.activeminds.org/>
- ▶ American Academy of Child and Adolescent Psychiatry - Suicide Resource Center. Includes resources for family, for youth, clinical resources, recommended books, and how to get help. https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Suicide_Resource_Center/Home.aspx
- ▶ Mental Health America - info for families for recognizing and treating adolescent depression, recognizing the warning signs for suicide, and helping a suicidal teen. <https://www.mhanational.org/depression-teens-0>