

YOUTH MENTAL HEALTH RESOURCES (VIRGINIA)

HELPLINES -----

- **The AgriStress Helpline for Virginia** (mental health crisis line plus agriculture resources)
 - Call or text 833-897-2474
- **988 Suicide & Crisis Lifeline:**
 - Call or text 988
- **The Trevor Lifeline:** (for LGBTQIA+ youth)
 - Call 866-488-7386
 - Text "START" to 678-678
- **SAMHSA's National Helpline:** (behavioral health and substance use resources and info)
 - Call 1-800-662-4357
- **Disaster Distress Helpline:** (crisis counseling related to disasters)
 - Call 1-800-985-5990

FINDING TREATMENT -----

- **[Findtreatment.gov](https://www.findtreatment.gov)**
 - Online database for finding behavioral health treatment services (for mental health or substance use)
- **211virginia.org**
 - Online database with a bounty of resources for anything you might need

INFORMATION -----

- **Teens Health:** [Teenshealth.org/en/teens/your-mind/](https://www.teenshealth.org/en/teens/your-mind/)
 - Providing a safe place for teens who need honest and accurate information, this website provides resources on mental health issues.
- **The Trevor Project:** [Thetrevorproject.org](https://www.thetrevorproject.org)
 - Resources for LGBTQIA+ Youth
- **Mindfulness for Teens:** [Mindfulnessforteens.com](https://www.mindfulnessforteens.com)
 - This website has free resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings.