



# FREE MENTAL HEALTH RESOURCES

## National Alliance on Mental Illness: Youth & Young Adult Resources

- Reaching out about mental health can be or feel overwhelming, embarrassing or just hard. Use this [guide](#) to help you choose someone to confide.
- A [one-pager](#) that gives suggestions on how to support a friend struggling with a mental health condition.
- A [video](#) on who to reach out to and ways to put your thoughts and feelings into words to receive help for a mental health condition.
- A set of [social media graphics](#) to start a conversation with your community about mental health check-ins, mental health game plans and our four-day gratitude challenge.

## Mental Health America: Youth Mental Health

- Resources for Teens:
  - [Social Media and Mental Health Tips](#)
  - [What to do if I'm Being Bullied?](#)
  - [Tips for Talking About Your Mental Health](#)
- Resources for Young Adults:
  - Mental Health America has resources, insights, and practical advice to help navigate the issues that people face after high school and become advocates for better behavioral health care. [Access free resources here.](#)

## The Trevor Project: LGBTQ+ Mental Health Resources

The Trevor Project offers several resources supporting the mental health of LGBTQ+ young people, including self-care guides and articles for mental wellness.

- [Guide: Supporting Black LGBTQ+ Youth Mental Health](#)
- [Guide: Online Safety for LGBTQ+ Young People](#)

## Active Minds

Through education, research, advocacy, and a focus on young adults ages 14–25, Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States.

- [Resource: Understanding Stress and Anxiety](#)
- [Guide to A.S.K. – Acknowledge; Support; Keep-in-Touch](#)

## TEENS4TEENS HELP: Peer-to-Peer Mental Health Platform

Created for teens by teens, this online platform is a safe space to share stories and empower teens who are suffering from emotional and mental health issues to choose their own recovery.