

Mental Health Resource Map

According to the National Alliance on Mental Illness, 1 in 5 youth and young adults live with a mental health condition. Here are some signs that you or a friend might need to ask for help; withdrawing from social life; appearing sad or more tired than usual for more than two weeks; self-harming actions; not eating or taking extreme measures to lose weight; extreme changes in behavior or personality; severe mood swings; difficulty concentrating.

CYBER SWAT

Using the map below, make a list of resources you can use when you feel like you need support.

Crisis Text Line:

National Suicide Prevention Hotline:

Other online resources:

Research

Three friends I can talk to:

1. _____
2. _____
3. _____

Who needs help?

Me or Someone else

☐ ☐

Three adults I feel safe telling:

1. _____
2. _____
3. _____

Other sources of support in my school and community:

1. _____
2. _____
3. _____

Remember: If someone is in immediate danger, call 911 or go to an emergency room.