

Get Help Now

988 Suicide & Crisis Lifeline

Call or text 988

Chat: <https://988lifeline.org/>

24-hour, toll-free, confidential support for people in distress.

Crisis Text Line

Text “HELLO” to 741741

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, and connects them with a crisis counselor who can provide support and information.

SAMHSA National Hotline

1-800-662-HELP (4357)

TTY: 1-800-487-4889

Text: Send your zip code via text message to: 435748 (HELP4U)

SAMHSA’s National Helpline is a free, confidential treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.

FindTreatment.Gov

A database of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness. Find a treatment facility near you at <http://www.FindTreatment.gov>.

Disaster Distress Hotline

Call or text: 1-800-985-5990

SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Learn more at <https://www.samhsa.gov/find-help/disaster-distress-helpline>.

[**En Español**](#)

National Domestic Violence Hotline

1-800-799-7233

Text “START” to 88788

[Online Chat](#)

TTY [1-800-787-3224](#) (para español presiona el 2)

National Sexual Assault Hotline

1-800-656-HOPE (4673) (para español presiona el 2)

[Online Chat](#) ([atención disponible en español](#))

See next page for full resource guide.

Guide to Mental Health Resources

The national youth mental health crisis, which has been exacerbated by the COVID-19 pandemic, is a pressing and urgent issue. Without proper mental health care, youth face barriers to employment; more importantly, they face barriers to their own health and safety. This resource guide was designed to help workforce practitioners deliver on the WIOA youth program element of providing youth with comprehensive guidance and counseling. Resources denoted by * are not federal resources and are not formally endorsed by the Department of Labor.

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Services and Tools for Mental Health Needs

1. Crisis Services to Get Help Now

988 Suicide & Crisis Lifeline

Call or text 988

Chat: <https://988lifeline.org/>

For TTY Users: Use your preferred relay service or dial 711 then 988.

24-hour, toll-free, confidential support for people in distress. The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

Crisis Text Line: Text “HELLO” to 741741

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. A live, trained Crisis Counselor receives the text and responds from their secure online platform. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information. Learn more at: <https://www.crisistextline.org/>.

FindTreatment.gov

Millions of Americans have a substance use disorder. Search SAMHSA’s database of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness. Help is available; find a treatment facility near you at <http://www.FindTreatment.gov>.

SAMHSA National Hotline: 1-800-662-HELP (4357)

TTY: 1-800-487-4889;

Text your zip code to 435478 (HELP4U)

SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.

Disaster Distress Hotline: 1-800-985-5990

SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters such as incidents of mass violence, tornadoes, hurricanes, earthquakes, droughts, anniversaries and trigger events, and more. Learn more at <https://www.samhsa.gov/find-help/disaster-distress-helpline>.

[En Español](#)

Warmline Directory by State*, <https://warmline.org/>

Warmlines offer a place to call when you are not in a crisis but want or need to talk to someone. Warmlines are usually free, confidential, and run by people who understand what it's like to struggle with mental health problems. If possible, it's a good idea to call a warmline in your state or in another state nearby. If there's no warmline in your state or if you feel uncomfortable calling a local line, many warmlines do accept calls from all over the country.

The Safe Space, <https://safespace.vibrant.org/en/>

The Safe Space is home to free resources and tools to provide extra support in an emotionally safe environment. The Safe Space is funded by SAMHSA and is run by Vibrant.org, the non-profit organization that also runs the National Suicide Prevention Hotline.

The Trevor Project*

Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

Trans Lifeline*

Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

The National Sexual Assault Telephone Hotline*

Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

NAMI Hotline/Chat*

Call 1-800-950-NAMI (1-800-950-6264) for the NAMI HelpLine, a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

[Resources for Helping Youth Cope after a Mass Shooting](#) | Youth.gov

The Interagency Working Group on Youth Programs (IWGYP) has compiled a list of resources to help youth, families, educators, and community members cope with and talk about community trauma, as well as provide psychological first aid.

How Right Now, <https://www.cdc.gov/howrightnow/>

How Right Now is a CDC campaign designed to promote and strengthen the emotional well-being and resilience of people disproportionately impacted by mental health challenges.

[En Español](#)

2. Screenings and Assessments

Please note that screenings and assessments are not substitutes for professional diagnoses. Some of these assessments have been developed for professional use. Resources denoted by * are not federal resources and are not formally endorsed by the Department of Labor.

[Youth Mental Health Test](#)* | Mental Health America

This is a **youth mental health screening** test developed by Mental Health America that can help a young person determine if they are experiencing emotional, attentional, or behavioral difficulties.

[Mental Health America Online Screeners](#)* | Mental Health America

Mental Health America has online mental health tests for **depression, anxiety, PTSD, eating disorders**, and more. While these tests are not diagnostic, they can help you better determine if you are suffering symptoms related to a mental health condition.

[Patient Health Questionnaire \(PHQ-9\)](#)*

The PHQ-9 is a multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of **depression**.

[Screen for Child Anxiety Related Disorders \(SCARED\)](#)*

The SCARED is a child and parent self-report instrument used to **screen for childhood anxiety** disorders including general anxiety disorder, separation anxiety disorder, panic disorder and social phobia.

[Social Phobia Inventory \(SPIN\)](#)*

The Social Phobia Inventory (abbreviated as SPIN) is a 17-item questionnaire to screen for and measure the severity of **social anxiety** disorder.

[PCL-5 PTSD](#)*

This is a self-reported screening for **PTSD** and was developed by the National Center for PTSD.

[CPSS-5 SR](#)*

The Child PTSD Symptom Scale self-report is a **child-specific** screening for **PTSD**.

[Car, Relax, Alone, Forget, Family, Friends, Trouble \(CRAFT\)](#)*

CRAFT is a **substance use** screening tool for adolescents aged 12-21. It is recommended by the American Academy of Pediatrics' Bright Futures Guidelines for preventive care screenings and well-visits.

[Alcohol Use Disorders Identification Test–Consumption \(AUDIT-C\)](#)*

The Alcohol Use Disorders Identification Test-Concise (AUDIT-C) is a brief **alcohol screening** instrument that reliably identifies persons who are hazardous drinkers or have active alcohol use disorders (including alcohol abuse or dependence). The AUDIT-C is a modified version of the 10 question AUDIT instrument that was developed by the World Health Organization (WHO).

[Single Alcohol Screening Question \(SASQ\)*](#)

M SASQ is an **alcohol harm assessment tool** consists of one question from the full alcohol use disorders identification test (AUDIT). This single question test was developed for use in emergency departments.

3. Finding and Talking to a Health Care Provider

FindTreatment.gov

Search SAMHSA's database of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness. Help is available; find a treatment facility near you at <http://www.FindTreatment.gov>.

SAMHSA National Hotline: 1-800-662-HELP (4357)

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[Get Your Teen Screened for Depression](#) | MyHealthFinder

A guide to understanding why and how to ask a doctor for depression screening services for a teen in your life.

[Taking Control of Your Mental Health: Tips for Talking with Your Health Care Provider](#) | National Institute of Mental Health

A guide that provides tips for how to prepare to have a conversation with your healthcare provider about your mental health needs.

[Youth Engaged 4 Change Radio](#) | Youth.gov

Youth Engaged 4 Change (YE4C) is an initiative of Youth.gov that provides youth-focused resources and opportunities that inspire and empower young people. Youth Engaged 4 Change Radio is YE4C's podcast for youth by youth. Relevant podcast episodes include:

- [Talking about Mental Health: A Conversation with Rowan Powell](#)
- [Navigating Healthcare as a Young Person](#)

[How to Seek Help](#)* | National Alliance on Mental Illness (NAMI)

NAMI's guide for kids, teens, and young adults on how to find and talk to an appropriate mental health provider.

[Finding Mental Health Care that Fits Your Cultural Background](#)* | NAMI

A resource that guides you through finding a mental health care provider that meets your cultural needs.

[InclusiveThereapists.com](#)

A database that helps you find identify affirming and culturally responsive care. Providers center on the unique needs of the BIPOC, LGBTQ+, neurodivergent, and disabled communities.

Resources for Workforce Practitioners

Department of Labor Youth Services Technical Assistance Resources

- [Webinar: Youth, Trauma, and Healing](#) – a webinar on trauma-informed care and healing-centered care for young people in the workforce system.
- [Webinar: Introduction to Trauma and Healing-Centered Workforce Development](#)
- [Webinar: Supporting Youth Mental Health in the Workforce System](#) – This webinar features experts and speakers from the Office of the Surgeon General, the National Youth Employment Coalition (NYEC), and the Substance Abuse and Mental Health Services Administration (SAMHSA).
- [Webcast: Introduction to Youth Suicide Prevention](#)
- [Webinar: Approaches to Supporting Youth in Mental Health and Wellness](#)
- [Youth Mental Health Resource Guide](#) – A resource guide compiled by US DOL to help workforce practitioners deliver on the WIOA youth program element of providing youth with comprehensive guidance and counseling. These resources are also available on WorkforceGPS.

Youth Mental Health - Overall

- [National Guidelines for Child and Youth Behavioral Health Crisis Care](#) | SAMHSA
- [Youth Engagement Guidance](#) | Substance Abuse and Mental Health Services Administration (SAMHSA)
- [Youth and Young Adult Recovery Support Tools and Practices](#) | SAMHSA
- [Mental Health and Substance Use Practitioner Training](#) | SAMHSA
- [Ready to Respond: Mental Health Beyond Crisis and COVID-19](#) | SAMHSA
- [Lessons for Supportive Adults on Youth Isolation](#) | Youth.gov
- [Minority Mental Health Knowledge Center](#) | HHS.gov
- [Substance Use, Trauma, and Other Challenges: Effective Case Management Strategies](#) [Webinar] | ETA, YouthBuild
- [Ten Core Competencies for Youth and Young Adult Centered Mental Health Systems](#)* | The Center for Law and Social Policy
- [What works fact sheet: Mental Health](#)* | The Community Guide

- [Improving Mental Health Service Delivery: Focus on Coordinated Specialty Care for Youth with First Episode Psychosis Using Resources Available through the Workforce Development System and American Rescue Plan](#) | DOL/ODEP

Trauma Informed Care

- [Youth, Trauma, and Healing](#) – Webinar on trauma-informed care for youth in the workforce system | USDOL, WorkforceGPS
- [Resource Guide to Trauma-Informed Human Services](#) | Administration for Children and Families (ACF)
- [Implementing a Trauma-Informed Approach for Youth Across Service Sectors](#) | Youth.gov
- [Trauma-Informed Approaches for Caring for Every Child's Mental Health](#) | SAMHSA
- [Action Steps to Create Emotional Safety in Your Program](#)* | National Center on Domestic Violence, Trauma & Mental Health
- [Learning Center for Child and Adolescent Trauma](#) | The National Child Traumatic Stress Network (NCTSN)
- [Creating Trauma-Informed Systems](#) | NCTSN
- [Advancing Trauma-informed Care Within and Across Child-Serving Systems](#)* | Chapin Hall at the University of Chicago and American Institutes for Research (AIR)
- [Factsheet on Trauma Impacts on Education Training and Employment](#)* | Futures Without Violence [Note: Link will prompt download of factsheet]

Substance Use

- [Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide](#) | National Institute of Health
- [Opioid Treatment Program Directory](#) | SAMHSA
- [Addressing the Opioid Crisis in Adolescents: Tools for Prevention, Identification, and Management](#) [Webinar] | Workforce GPS
- [Resources to Assist in Fighting the Opioid Epidemic](#) | WorkforceGPS

Suicide Prevention

- [Webcast: Introduction to Youth Suicide Prevention](#) | WorkforceGPS
- [SAMHSA's suicide prevention publications](#) | SAMHSA
- [Advisory: Addressing Suicidal Thoughts and Behaviors in Substance Use Treatment](#) | SAMHSA

Partnerships

- [State Mental Health and Substance Use Agencies Directory](#) | SAMHSA
- [Family-Youth-Provider Partnerships](#)* | The National Child Traumatic Stress Network (NCTSN)