

MENTAL HEALTH RESOURCES



"Caring for Your Mind and Well Being"

City of Claremont Teen Committee

CRISIS TEXT LINE

Text HOME to 741741; message is sent out via a secure platform to a live, trained crisis counselor; free and confidential.

NATIONAL EATING DISORDERS ASSOCIATION (NEDA) HELPLINE

Call (800) 656-HOPE / (800) 810-7440 (TTY); for support, resources, and treatment options regarding disordered eating



988 SUICIDE AND CRISIS LIFELINE

Call 988; 24/7 toll-free number; available to anyone in suicidal crisis or emotional distress

NATIONAL SUICIDE PREVENTION LIFELINE (FOR DEAF / HARD OF HEARING)

Can chat via online platform; TTY users can utilize preferred relay service or dial 711 then 800-273-8255



NATIONAL TEEN DATING ABUSE HOTLINE

Call 866-331-9474 or visit loveisrespect.org; 24/7 text, phone, and live chat services; support regarding healthy dating / identifying red flags about relationships

RAPE, ABUSE, AND INCEST NATIONAL NETWORK (RAINN)

Call 1-800-656-4673; sexual assault telephone hotline

SAMHSA'S NATIONAL HELPLINE

Call 1-800-662-HELP (4357); free / confidential hotline for individuals facing mental and/or substance use disorders, to find referrals to resources; available 24/7

THE TREVOR PROJECT

Call (800) 656-HOPE / (800) 810-7440 (TTY); for support, resources, and treatment options regarding disordered eating



TRANS LIFELINE

Call 988; 24/7 toll-free number; available to anyone in suicidal crisis or emotional distress

FOR MORE INFORMATION ABOUT TEEN COMMITTEE,

PLEASE VISIT:



[HTTP://TEENCOMMITTEE.CLAREMONTREC.COM/](http://TEENCOMMITTEE.CLAREMONTREC.COM/)