





National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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Monday-Friday, 10a.m – 10p.m ET

800-950-NAMI (6264)

u "Friend" to 62640

‡ : nami.org/help

- helpline@nami.org

The NAMI Teen and Young Adult (TYA) HelpLine is a free, nationwide teen and young adult peer-support

NAMI Teen and Young Adult HelpLine - Updated August 2023

2



Table of Contents

Abuse	5
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National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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Call **(800) 448-3000**



National Alliance on Mental Illness

Teen and Young Adult Resources Directory

Category	Resource Name	Description	Age Group	Location	Contact Information
Healthcare	Teen Health	A comprehensive resource for teenagers about mental health, including symptoms, treatments, and coping strategies.	Teenagers	Online	Visit
Education	College and Career Readiness	Information and resources for teenagers preparing for college or vocational training.	Teenagers	Online	Visit
Community	Youth Support Groups	Local support groups for teenagers dealing with mental health issues.	Teenagers	Local	Find a Group
Employment	Job Training Programs	Programs and resources for teenagers to gain work experience and skills.	Teenagers	Online and Local	View Options
Arts and Entertainment	Teen Arts Initiatives	Programs and resources for teenagers to express themselves through art, music, and theater.	Teenagers	Local	Find a Program
Volunteerism	Teen Volunteer Opportunities	Programs and resources for teenagers to volunteer and give back to their communities.	Teenagers	Local	View Options
Sports and Recreation	Teen Sports Leagues	Programs and resources for teenagers to participate in sports and physical activity.	Teenagers	Local	Find a League
Technology	Teen Tech Resources	Programs and resources for teenagers to learn about technology, coding, and digital literacy.	Teenagers	Online	View Options
Safety and Self-Care	Teen Safety Resources	Programs and resources for teenagers to learn about personal safety, self-care, and mental health.	Teenagers	Online and Local	View Options
Advocacy	Teen Advocacy Groups	Programs and resources for teenagers to advocate for mental health awareness and policies.	Teenagers	Local	Find a Group
Other	Teen Resource Guide	A comprehensive guide to various resources for teenagers dealing with mental health issues.	Teenagers	Online	Download Guide

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8





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Teen and Young Adult Resources Directory

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National Alliance on Mental Illness

Teen and Young Adult Resources Directory

NAMI Teen and Young Adult HelpLine - Updated August 2023

12





National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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NAMI Teen and Young Adult HelpLine - Updated August 2023

18





National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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Teen and Young Adult Resources Directory

Type "HAND" to 839863 or call 573-445-5005

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National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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NAMI Teen and Young Adult HelpLine - Updated August 2023

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National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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NAMI Teen and Young Adult HelpLine - Updated August 2023

25





National Alliance on Mental Illness

Teen and Young Adult Resources

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National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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National Alliance on Mental Illness

Teen and Young Adult Resources Directory

NAMI Teen and Young Adult HelpLine - Updated August 2023

31



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National Alliance on Mental Illness

Teen and Young Adult Resources

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National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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 Email
helpline@nami.org


Visit nami.org/help





National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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NAMI Teen and Young Adult HelpLine - Updated August 2023

37





National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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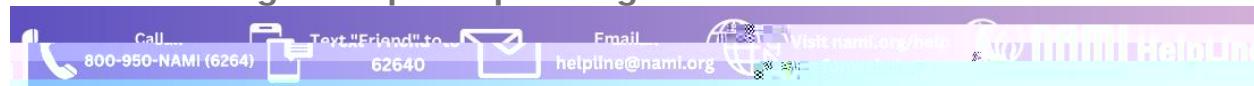
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National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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National Alliance on Mental Illness

Teen and Young Adult Resources Directory

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