



Suicide Prevention Resources for Teens



The following contains a list of suicide prevention resources for St. Mary's County, Maryland teens—for those who may be at risk for suicide and those who have friends who may be at risk. These websites all have fact sheets, and some have videos, stories written by teens, and text and online chat options.

CRISIS TEXT LINE Text "HOME" to 741741

Crisis Text Line is a text line that provides free emotional support and information to teens in crisis or go online at <http://www.crisistextline.org/>. Available 24/7.

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255)

The Lifeline is a free phone line for people in suicidal crisis or emotional distress. An online chat option is available at <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>. Available 24/7.

MARYLAND YOUTH CRISIS HOTLINE 1-800-422-0009

Maryland Youth Crisis Hotline and Help4MDYouth.org are initiatives of the Maryland Crisis Hotline Network. Available 24/7, free of charge.

ST. MARY'S COUNTY CRISIS HOTLINE 301-863-6661

This is a free 24/7 local hotline operated by Walden Behavioral Health, a private, non-profit organization located in St. Mary's County. Walden's website is <http://www.waldensierra.org/>.

SOCIETY FOR THE PREVENTION OF TEEN SUICIDE

This website, <http://www.sptsusa.org/teens/>, has a teen section where you can find information to help yourself or a friend who may be having suicidal thoughts. You can also find information on how to cope if a friend dies by suicide.

THE TREVOR PROJECT HELPLINE 1-866-488-7386

The Trevor Helpline is a 24/7 free suicide hotline providing crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth ages 13–24. The website, <http://www.thetrevorproject.org/> has information about the signs of suicide and a way to connect online with other LGBTQ youth. TrevorChat is for also available for online crisis chat 6 hours a day at www.thetrevorproject.org/chat. If you prefer texting, Trevor Text is for texting on Fridays late afternoon to early evening. Text "Trevor" to 202-304-1200.

YOUR LIFE YOUR VOICE FROM BOYS TOWN HOTLINE 1-800-448-3000 or text "VOICE" to 20121.

Your Life Your Voice is for pre-teens, teens, and young adults who are in crisis or feeling overwhelmed. The website, <http://www.yourlifeyourvoice.org> has information sheets with tips for handling difficult situations. The hotline is free and open 24 hours a day. You can call, text, chat, or e-mail.