

Teen Mental Health & Substance Use Resource

BINGO

SEIZE THE AWKWARD

Get educated

YOUR Life
YOUR Voice

Tips & Tools

 **nami**
National Alliance on Mental Illness

Get educated



The Jed Foundation
Get help

988

SUICIDE & CRISIS
LIFELINE
Resources



society for the prevention of teen suicide
Warning Signs of Suicide



American
Foundation
for Suicide
Prevention

Signs of Suicide

SAMHSA
Substance Abuse and Mental Health
Services Administration

Substance Resources



Avoid Underage Drinking.

TUCKER'S
—TORCH—

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