Suicide Prevention Resources for Youth and Young Adults

Resources need to be Available, Approachable, and Able.
Always check your three A’s!

National Suicide Prevention Lifeline
1-800-273-TALK(8255)

Greenville Crisis Line
864-467-8336 or Text 839863

Trevor Project
For LGBT Youth
Call 866-488-7386

Trans Lifeline
1-877-565-8860

You Matter
www.youmatter.suicidepreventionlifeline.org
You Matter is a safe space for youth to discuss and share stories about mental health and wellness.

Society for the Prevention of Teen Suicide
www.sptsusa.org/teens/
SPTS has a teen section where you can find information to help yourself or a friend who may be having suicidal thoughts, as well as how to cope if a friend dies by suicide.

Stop Bullying
www.stopbullying.gov
Stop Bullying has information on what bullying is, what cyberbulling is, who is at risk, and how you can prevent and respond to bullying.

Crisis Text Line
Text TALK at 741741

LoveisRespect
1-866-331-9474  TTY: 1-866-331-8453
or Text “loveis” to 22522
LoveisRespect’s purpose is to engage, educate, and empower young people to prevent and end abusive relationships.

Maine Teen Suicide Prevention
www.maine.gov/suicide/youth/index.htm
Learn how to get help for yourself and others.

It Gets Better
www.itgetsbetter.org/
It Gets Better is a place where young people who are lesbian, gay, bisexual, or transgender see how love and happiness can be a reality in their future. The website has links to Facebook, YouTube, Instagram, Google Plus, Tumblr, and Twitter, where people can send videos and write about their experiences.

Ditch the Label
www.ditchthelabel.org/about/
Ditch the Label is the largest anti-bullying support hub in the world. They provide one-to-one and group help, as well as produce widely used self-help guides and materials.