

# help is here

our minds  
matter

check out local & national mental health  
resources for yourself or a friend

## local resources

[Access HelpLine](#): 1-888-793-4357 for  
immediate support & ongoing care

[JSSA.org](#) for support groups,  
therapy, & more

[Bit.ly/fairfaxheadsup](#) for virtual teen  
support groups

[Pflagdc.org](#) for LGBTQ+ teen  
community groups

**add school resources or  
others you'd like to use below:**

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## national resources

Suicide & Crisis Lifeline: 9-8-8

Crisis Text Line: Text "MIND" to 741-741

The Trevor Project (for LGBTQ+ youth):  
1-866-488-7386 or text "START" to 678-678

Trans Lifeline: 877-565-8860

[Psychologytoday.com/us/therapists](#)

[Inclusivetherapists.com](#)



[ourmindsmatter.org/resources](#)



**it's hard to be vulnerable, so practice your  
favorite form of self-care after reaching out for  
help and be proud of yourself for your bravery!**

# you need help, now what?

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If you're worried that you might be in crisis or a danger to yourself, get help right away from a trusted adult or call 988

who to  
reach out  
to?

**Reaching out to a friend is a great start**, but a trusted adult who can get you the care you need is necessary. If you're nervous to do it on your own, ask a friend to come with you to talk to your parents, a school counselor, teacher, coach, older sibling, or any adult you trust. **If you don't get what you need the first time, keep trying with someone who you think might understand better.**

Don't worry about saying it the "right" or "perfect" way.

**Focus on expressing on what you're feeling & how it's impacting you.**

"My anxiety is so bad that I can't think straight or fall asleep."

"I don't feel happy about anything anymore."

**Do you want advice? Connection to resources? For someone to listen?  
Ask for what you need.**

"I don't want advice right now, I just need you to listen."

"I'm not sure what to do next, but I know something isn't right. Can you help me figure it out?"

"I think I need professional help. Can you help me look into options?"

what to  
say and  
how?

**don't let stigma stop you**

**Some cultures don't talk about mental health or take it seriously, which often comes from a lack of awareness. Hold grace for your family while still getting what you need with these tips:**

- Expressing how your mental health is impacting you physically (i.e. trouble sleeping, racing heart) or academically can help some folks take what you're going through more seriously.
- Representation matters. Pointing out celebrities from your culture who have spoken out about mental health and having resources in your family's native language can help them see mental health as a universal health issue, not just a "western or white people" concept.
- If you think your parents or guardians won't react well no matter what, reach out to another adult you think will understand like an older sibling, religious leader, coach, or teacher.