

# APPS

## Calm Harm

Provides tasks that help you resist or manage the urge to self harm.

## Happify

Engaging activities and games to help you overcome stress and negative thoughts and build resilience.

## MindShift CBT

A self-help anxiety management app that helps you relieve worry, stress, and panic.

## AskTxTina - Instagram, Snapchat, TikTok

A place to ask questions about sexual and reproductive health, relationships, and birth control and receive medically accurate answers or links to trusted resources.

## www.loveisrespect.org

Online chat available

Provides education on healthy, unhealthy and abusive dating relationships and behaviors.

## youngwomenshealth.org

## youngmenshealthsite.org

Health information for teens.

## yourlifeyourvoice.org

Online chat, email & app available

Tips to help you deal with life's challenges.

# WEBSITES

## screening.mhanational.org/ screening-tools (Youth Test)

Free, quick and anonymous screening tool designed for youth age 11-17.

## pacerteensagainstbullying.org

Find ways to address bullying, to take action, and to be heard.

## nami.org/your-journey/teens- young-adults

Learn how to recognize the signs of mental illness and help a friend get support and treatment.

# ONLINE CHAT

www.suicidepreventionlifeline.org/chat

www.imalive.org

## YOUTH AND TEENS

# LOOKING FOR HELP?

# LOCAL HELP

## Hillcrest Family Services

319-385-7177 106 N. Jackson St., Mt. Pleasant

Walk-in crisis services and outpatient mental health services. Parental consent required.

## Domestic Violence Intervention Program (DVIP)

319-850-8518 24-hour hotline 800-373-1043

Free, confidential, services for anyone affected by domestic violence.

## Rape Victim Advocacy Program (RVAP)

319-541-9809 24-hour hotline 800-228-1625

Free, confidential, resources and support.

# TALK

## Your Life Iowa Crisis Line

855-581-8111

The Statewide crisis line for any emotional crisis.

## National Suicide Prevention Lifeline

800-273-TALK (8255)

## Your Life Your Voice

800-448-3000

Call if you are having thoughts of harming yourself or you are being abused.

911

If you are in a crisis and need immediate assistance dial 911

# TEXT

## Your Life Your Voice Text VOICE to 20121

Text a counselor so you don't have to face your problems alone. Available 24/7.

## TrevorText Text START to 678678

TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist. Available 24/7.

## Your Life Iowa Text 855-895-8398

A way to get help and resources from experts for alcohol, drug, and gambling problems and suicidal thoughts.

