

NAMI & WORK2BEWELL

QUICK GUIDE TO RESOURCES

WORK2BEWELL

This resource sheet provided by NAMI Oregon and Work2BeWell consists of crisis lines, resource connection lines, and educational workshops that can make you feel less alone.

Who to call for immediate help:

Youthline: Call 877-968-8491 or Text teen2teen to 839863
Call or text this free, confidential teen-to-teen line if you need help. No problem is too big or too small!

Teen Line: Call 310-855-4673 or Text TEEN to 839863
This helpline connects you with other teens who know what you're going through and valuable resources.

National Suicide Prevention Lifeline: Call 800-273-TALK
Call this number to speak to a trained crisis counselor who can connect you with resources.

National Domestic Violence Hotline: Call 800-799-SAFE
Gain confidential support and resources from expert advocates who are available 24/7. Help is available in Spanish and other languages.

National Sexual Assault Hotline: Call 800-656-HOPE
Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Free help 24/7

Who to contact when you need to be connected with resources:

NAMI Helpline: Call 800-950-NAMI or Text NAMI to 741741 <https://namior.org/>
This helpline is answered by trained staff and volunteers who will connect you with resources to get you the help you need.

Teen Line: <https://www.teenlineonline.org/resources/>
Blog, questions, videos and helpful resources.

Youthline: <https://oregonyouthline.org/school-support/>
Support for schools, educators and materials.

Work2BeWell: <https://work2bewell.org/resourcehub/>
Resources for teens, educators, parents and more!

How to increase you or your community's knowledge of mental health:

NAMI Ending the Silence Workshop: Go to nami.org > Support and Education > Mental Health Education > NAMI Ending the Silence

Want your classmates, family members, or teachers to better understand what's going on with you? Check out the workshop on NAMI's website to learn more about how you can increase mental health awareness in your community. Email jamie@namior.org for more information!

Work2BeWell Curriculum Modules: Go to www.work2bewell.org > Curriculum
There are modules on self care and mindfulness, stress, anxiety, depression and more. The modules teach foundational concepts as well as practical and positive coping strategies.