

Addiction and Substance Abuse Resources

Created by: MCHS Counselors



National Helpline

Frequently Asked Questions What is SAMHSA's National Helpline?

<https://www.samhsa.gov/find-help/national-helpline>



Teens: Facts on Drugs and Their Effects | NIDA for Teens

<https://teens.drugabuse.gov/>

Teens get the latest facts on how drugs affect the brain and body. Find videos, games, blog posts, that explore the effects of drugs on the brain and body.



Center on Addiction

Center on Addiction is a science-based organization that conducts research & recommends best practices for prevention & treatment of the disease of addiction.

<https://www.centeronaddiction.org/>

Anxiety and Depression

Created by: MCHS Counselors

The Blurt Foundation



If you'd like to understand a little more about depression, the symptoms, how to get help and how to support someone, please visit the Resources Page

<https://www.bluritout.org/>

Dealing with Teen Depression



Depression is common in teens. Here's what you can do to help yourself or a friend feel better.

<https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

NIMH » Teen Depression



This brochure helps teens understand depression and how it differs from regular sadness. It describes symptoms, causes, treatments, and how to get help.

<https://www.nimh.nih.gov/health/publications/teen-depression/index.shtml>



**Erika's
Lighthouse**

A Beacon of Hope for Adolescent Depression®

A Beacon of Hope for Adolescent Depression | Erika's Lighthouse

Fostering dialogue, support, and empowerment for young people through compassionate and effective middle school and high school education programs.

<https://www.erikaslighthouse.org/>



**andrew kukes
foundation for
social anxiety**

Andrew Kukes Foundation for Social Anxiety

Browse our YouTube video library where sufferers, family members and professionals share powerful insights into social anxiety.

<http://akfsa.org/>



**ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA**

Anxiety and Depression Association of America

ADAA member Dr. Suma Chand discusses how cognitive-behavior therapy can help the anxiety/depression that can accompany neurological disorders.

<https://adaa.org/>

Anxiety.org

Anxiety.org

<https://www.anxiety.org/>

Best resource for anxiety help, diagnosis, and treatment, from leading researchers and therapists. Anxiety.org is the online resource trusted by researchers and clinical providers

iFred | International Foundation for Research and Education on Depression



Are you an educator, student or parent who wants to bring Hope Tools into your classroom?

<https://www.ifred.org/>

Eating Disorders Resources

Created by: MCHS Counselors



National Eating Disorders Association

Over the last few months, NEDA's policy team asked our community to answer two surveys to help us in our efforts to better serve those with eating disorders. You did not disappoint! We were pleasantly surprised by how many of you took the time to offer thoughts, and we wanted to recap what we learned and how we can use your responses in our public policy work.

<https://www.nationaleatingdisorders.org/>



National Association for Males with Eating Disorders

Welcome to our website. NAMED is a nationwide professional association committed to leadership in the field of male eating disorders.

<https://namedinc.org/>



Eating Disorder Hope - Resources for Anorexia, Bulimia & Binge Eating

Eating Disorder Hope provides information on anorexia, bulimia, and BED. Get help with counseling, treatment and recovery.

<https://www.eatingdisorderhope.com/>



ANAD • National Association of Anorexia Nervosa and Associated Disorders

National eating disorder non-profit organization. Treatment referral, support groups, conferences, education, statistics and events.

<https://anad.org/>

Mental Health Resources

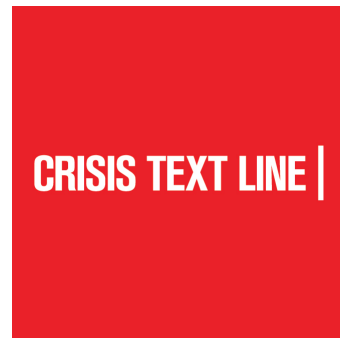
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To Write Love On Her Arms

TWLOHA is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide.

<https://twloha.com/>



Crisis Text Line

Crisis Text Line is the free, 24/7, confidential text message service for people in crisis. Text HOME to 741741 in the United States.

<https://www.crisistextline.org/>



Active Minds - Changing the conversation about mental health

Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for students.

<https://www.activeminds.org/>



NAMI Greater Houston - A family-based, grassroots support and advocacy organization.

A family-based, grassroots support and advocacy organization.

<https://namigreaterhouston.org/>

Suicide Prevention/Awareness Resources

Created by: MCHS Counselors

Suicide Prevention Information for Teens



We know there may be many reasons for your visit to this site. You may be looking for information about the kinds of programs and services we offer or simply general information about youth suicide prevention. Perhaps you're also checking out links to additional resources. There may be some of you, however, who are hoping to ...

<https://www.sptsusa.org/teens/>

Suicide Prevention Lifeline En Español



Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar inglés si usted necesita ayuda.

<https://suicidepreventionlifeline.org/help-your-self/en-espanol/>

National Suicide Prevention Lifeline



We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

<https://suicidepreventionlifeline.org/>

American Association of Suicidology



Suicide Prevention is Everyone's Business

<https://suicidology.org/>



**American
Foundation
for Suicide
Prevention**

American Foundation for Suicide Prevention

Saving lives and bringing hope to those affected by suicide.

<https://afsp.org/>



The Trevor Project — Saving Young LGBTQ Lives

A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

<https://www.thetrevorproject.org/>