



Youth Mental Health Resource Guide

A resource guide for youth
workforce practitioners

GET HELP NOW

988 Suicide & Crisis Lifeline (National Suicide Prevention Lifeline)

Call or text: 988

or

Call: 1-800-273-TALK (8255)

TTY: 1-800-799-4889

24-hour, toll-free, confidential support for people in distress. 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. This dialing code went live nationwide on July 16th, 2022. The former number will also remain live indefinitely.

Crisis Text Line

Text “HELLO” to 741741

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

SAMHSA National Hotline

1-800-662-HELP (4357)

TTY: 1-800-487-4889

Text: Send your zip code via text message to: 435748 (HELP4U)

SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.

FindTreatment.Gov

A database of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness. Find a treatment facility near you at <http://www.FindTreatment.gov>.

Disaster Distress Hotline

Call or text: 1-800-985-5990

SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters such as tornadoes, hurricanes, earthquakes, droughts, incidents of mass violence, anniversaries and trigger events, and more. Learn more at <https://www.samhsa.gov/find-help/disaster-distress-helpline>. [En Español](#)

See next page for full resource guide.

YOUTH MENTAL HEALTH RESOURCE GUIDE

The national youth mental health crisis, which has been exacerbated by the COVID-19 pandemic, is a pressing and urgent issue. Without proper mental health care, youth face barriers to employment; more importantly, they face barriers to their own health and safety. This resource guide was designed to help workforce practitioners deliver on the WIOA youth program element of providing youth with comprehensive guidance and counseling.

Resources denoted by * are not federal resources and are not formally endorsed by the Department of Labor.

Table of Contents

a. Services and Tools for Mental Health Needs

Resources that you can share with someone who has mental health needs, whether it is immediate mental health support, assessments to help identify mental health challenges, or guides to help someone find and talk to an appropriate mental health provider.

1. [Services to Get Help Now](#)
2. [Screenings and Assessments](#)
3. [Finding and Talking to a Mental Health Provider](#)

b. Resources for Workforce Practitioners

Resources and best practices to help workforce professionals better deliver services to program participants.

1. [Youth Mental Health - Overall](#)
2. [Trauma-Informed Care](#)
3. [Substance Use](#)
4. [Partnerships](#)

c. Research and Background

Additional research and readings related to various mental health topics.

1. [Youth Mental Health- General](#)
2. [COVID-19](#)
3. [Trauma](#)
4. [Social Media Use](#)
5. [Eating Disorders](#)
6. [Substance Use](#)

A. Services and Tools for Mental Health Needs

1. Services to Get Help Now

988 Suicide & Crisis Lifeline (National Suicide Prevention Lifeline) Call or text 988

Alternative: 1-800-273-TALK (8255)

TTY: 1-800-799-4889

The Lifeline provides 24/7, free and confidential phone and text-based support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Learn more and access online chat services at

<https://988lifeline.org/>

[En Español](#)

Crisis Text Line: Text “HELLO” to 741741

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. A live, trained Crisis Counselor receives the text and responds from their secure online platform. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

Learn more at: <https://www.crisistextline.org/>.

FindTreatment.gov

Millions of Americans have a substance use disorder. Search SAMHSA’s database of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness. Help is available; find a treatment facility near you at

<http://www.FindTreatment.gov>.

SAMHSA National Hotline: Call 1-800-662-HELP (4357)

TTY: 1-800-487-4889;

Text your zip code to 435478 (HELP4U)

SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.

Disaster Distress Hotline: Call 1-800-985-5990

SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters such as incidents of mass violence, tornadoes, hurricanes, earthquakes, droughts, anniversaries and trigger events, and more. Learn more at

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

[En Español](#)

Warmline Directory by State*, <https://warmline.org/>

Warmlines offer a place to call when you are not in a crisis but want or need to talk to someone. Warmlines are usually free, confidential, and run by people who understand what it's like to struggle with mental health problems. If possible, it's a good idea to call a warmline in your state or in another state nearby. If there's no warmline in your state or if you feel uncomfortable calling a local line, many warmlines do accept calls from all over the country.

The Safe Space, <https://safespace.vibrant.org/en/>

The Safe Space is home to free resources and tools to provide extra support in an emotionally safe environment. The Safe Space is funded by SAMHSA and is run by Vibrant.org, the non-profit organization that also runs the National Suicide Prevention Hotline.

[Resources for Helping Youth Cope after a Mass Shooting](#) | Youth.gov

The Interagency Working Group on Youth Programs (IWGYP) has compiled a list of resources to help youth, families, educators, and community members cope with and talk about community trauma, as well as provide psychological first aid.

The Trevor Project*

Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

Trans Lifeline*

Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

The National Sexual Assault Telephone Hotline*

Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

NAMI Hotline/Chat*

Call 1-800-950-NAMI (1-800-950-6264) for the NAMI HelpLine, a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.



2. Screenings and Assessments

Please note that screenings and assessments are not substitutes for professional diagnoses, and some of these assessments have been developed for professional use. Resources denoted by * are not federal resources and are not formally endorsed by the Department of Labor.

[Youth Mental Health Test](#)*

This is a **youth mental health screening** test developed by Mental Health America that can help a young person determine if they are experiencing emotional, attentional, or behavioral difficulties.

[Mental Health America Online Screeners](#)*

Mental Health America has online mental health tests for **depression, anxiety, PTSD, eating disorders**, and more. While these tests are not diagnostic, they can help you better determine if you are suffering symptoms related to a mental health condition.

[Patient Health Questionnaire \(PHQ-9\)](#)*

The PHQ-9 is a multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of **depression**.

[Screen for Child Anxiety Related Disorders \(SCARED\)](#)*

The SCARED is a child and parent self-report instrument used to **screen for childhood anxiety** disorders including general anxiety disorder, separation anxiety disorder, panic disorder and social phobia.

[Social Phobia Inventory \(SPIN\)](#)*

The Social Phobia Inventory (abbreviated as SPIN) is a 17-item questionnaire to screen for and measure the severity of **social anxiety** disorder.

[PCL-5 PTSD](#)*

This is a self-reported screening for **PTSD** and was developed by the National Center for PTSD.

[CPSS-5 SR](#)*

The Child PTSD Symptom Scale self-report is a **child-specific** screening for **PTSD**.

[Car, Relax, Alone, Forget, Family, Friends, Trouble \(CRAFT\)](#)*

CRAFT is a **substance use screening tool** for adolescents aged 12-21. It is recommended by the American Academy of Pediatrics' Bright Futures Guidelines for preventive care screenings and well-visits.

[Alcohol Use Disorders Identification Test–Consumption \(AUDIT-C\)](#)*

The Alcohol Use Disorders Identification Test-Concise (AUDIT-C) is a brief **alcohol screening** instrument that reliably identifies persons who are hazardous drinkers or have active alcohol use disorders (including alcohol abuse or dependence). The AUDIT-C is a

modified version of the 10 question AUDIT instrument that was developed by the World Health Organization (WHO).

[Single Alcohol Screening Question \(SASQ\)*](#)

M SASQ is an **alcohol harm assessment tool** consists of one question from the full alcohol use disorders identification test (AUDIT). This single question test was developed for use in emergency departments.

3. Finding and Talking to a Health Care Provider

FindTreatment.gov

Search SAMHSA's database of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness. Help is available; find a treatment facility near you at <http://www.FindTreatment.gov>.

SAMHSA National Hotline: 1-800-662-HELP (4357)

TTY: 1-800-487-4889;

Text your zip code to 435478 (HELP4U)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.

[Get Your Teen Screened for Depression](#) | MyHealthFinder

A guide to understanding why and how to ask a doctor for depression screening services for a teen in your life.

[Taking Control of Your Mental Health: Tips for Talking with Your Health Care Provider](#) | National Institute of Mental Health

A guide that provides tips for how to prepare to have a conversation with your healthcare provider about your mental health needs.

[Youth Engaged 4 Change Radio](#) | Youth.gov

Youth Engaged 4 Change (YE4C) is an initiative of Youth.gov that provides youth-focused resources and opportunities that inspire and empower young people. Youth Engaged 4 Change Radio is YE4C's podcast for youth by youth. Relevant podcast episodes include:

- [Talking about Mental Health: A Conversation with Rowan Powell](#)
- [Navigating Healthcare as a Young Person](#)

[How to Seek Help*](#) | National Alliance on Mental Illness (NAMI)

NAMI's guide for kids, teens, and young adults on how to find and talk to an appropriate mental health provider.

[Finding Mental Health Care that Fits Your Cultural Background](#)* | NAMI

A resource that guides you through finding a mental health care provider that meets your cultural needs.

[InclusiveTherapists.com](#)

A database that helps you find identify affirming and culturally responsive care. Providers center on the unique needs of the BIPOC, LGBTQ+, neurodivergent, and disabled communities.

B. Resources for Workforce Practitioners

1. Youth Mental Health - Overall

- [Youth Engagement Guidance](#) | Substance Abuse and Mental Health Services Administration (SAMHSA)
- [Youth and Young Adult Recovery Support Tools and Practices](#) | SAMHSA
- [Mental Health and Substance Use Practitioner Training](#) | SAMHSA
- [Ready to Respond: Mental Health Beyond Crisis and COVID-19](#) | SAMHSA
- [Lessons for Supportive Adults on Youth Isolation](#) | Youth.gov
- [Substance Use, Trauma, and Other Challenges: Effective Case Management Strategies](#) [Webinar] | ETA, YouthBuild
- [Ten Core Competencies for Youth and Young Adult Centered Mental Health Systems](#)* | The Center for Law and Social Policy
- [What works fact sheet: Mental Health](#)* | The Community Guide

2. Trauma Informed Care

- [Resource Guide to Trauma-Informed Human Services](#) | Administration for Children and Families (ACF)
- [Implementing a Trauma-Informed Approach for Youth Across Service Sectors](#) | Youth.gov
- [Trauma-Informed Approaches for Caring for Every Child's Mental Health](#) | SAMHSA
- [Action Steps to Create Emotional Safety in Your Program](#)* | National Center on Domestic Violence, Trauma & Mental Health
- [Learning Center for Child and Adolescent Trauma](#) | The National Child Traumatic Stress Network (NCTSN)

- [Creating Trauma-Informed Systems](#) | NCTSN
- [Advancing Trauma-informed Care Within and Across Child-Serving Systems*](#) | Chapin Hall at the University of Chicago and American Institutes for Research (AIR)
- [Factsheet on Trauma Impacts on Education Training and Employment*](#) | Futures Without Violence [Note: Link will prompt download of factsheet]

3. Substance Use

- [Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide](#) | National Institute of Health
- [Opioid Treatment Program Directory](#) | SAMHSA
- [Tips for Teens: Opioids](#) | SAMHSA
- [Resources to Assist in Fighting the Opioid Epidemic](#) | WorkforceGPS
- [Mentoring Youth Impacted by Opioids](#) [Webinar] |

4. Partnerships

- [State Mental Health and Substance Use Agencies Directory](#) | SAMHSA
- [Family-Youth-Provider Partnerships*](#) | The National Child Traumatic Stress Network (NCTSN)

C. Research and Background

1. Youth Mental Health - Overall

- [Youth Engagement Guidance](#) | Substance Abuse and Mental Health Services Administration (SAMHSA)
- [Youth and Young Adult Recovery Support Tools and Practices](#) | SAMHSA
- [Mental Health and Substance Use Practitioner Training](#) | SAMHSA
- [Ready to Respond: Mental Health Beyond Crisis and COVID-19](#) | SAMHSA
- [Lessons for Supportive Adults on Youth Isolation](#) | Youth.gov
- [Substance Use, Trauma, and Other Challenges: Effective Case Management Strategies](#) [Webinar] | ETA, YouthBuild
- [Ten Core Competencies for Youth and Young Adult Centered Mental Health Systems*](#) | The Center for Law and Social Policy

2. **COVID-19 and Mental Health**

- [What works fact sheet: Mental Health](#)* | The Community Guide
- [Adolescent Behaviors and Experiences Survey \(ABES\)](#) | Centers for Disease Control and Prevention
- [U.S. Surgeon General Issues Advisory on Youth Mental Health Crisis Further Exposed by COVID-19 Pandemic](#)
- [COVID-19 Parental Resources Kit – Adolescence](#) | Centers for Disease Control and Prevention
- [How COVID-19 Affects Mental Health Disparities for Vulnerable Youth](#)* | American Youth Policy Forum

3. **Trauma**

- [Fast Facts: Preventing Adverse Childhood Experiences \(ACEs\)](#) | CDC.org
- [The National Child Traumatic Stress Network resource database](#)* | NCTSN
- [Trauma Screening Guide](#)* | NCTSN
- [Ten Things to Know About Trauma and Learning](#)* | All4Ed
- [About Post-Traumatic Stress Disorder](#)* | Job Accommodation Network (JAN)

4. **Social Media Use**

- [Why young brains are especially vulnerable to social media](#)* | American Psychological Association

5. **Eating Disorders and Mental Health**

- [Eating disorders](#) | National Institute of Mental Health
- [Eating disorders](#) | Office on Women's Health

6. **Substance Use**

- [Employment and Substance Use Fact Sheet](#)
- [Substance use in adolescence](#) | HHS Office of Population Affairs
- [Illicit Drug Use in Children, Adolescents, and Young Adults: Primary Care-Based Interventions](#) | USPSTF
- [Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions](#) | USPSTF