

# HER MENTAL MATTERS RESOURCES LIBRARY

If you've found yourself on this page, your strength is greater than you know. It's not always easy to ask for support but it's sometimes necessary. You are not alone. Among U.S. adolescents (aged 12-17): 1 in 6 experienced a major depressive episode and 3 million had serious thoughts of suicide.

Today, can be a new beginning for better days ahead. Locate the type of support that is needed below and reach out for help.

## Suicide Prevention

- **National Suicide Prevention Lifeline:**  
Talk or chat 988
- **American Foundation for Suicide Prevention**
- **Crisis Text Line:** Text TALK to 741741



## Depression

- **Mental Health America**
- **NAMI Chicago:** Helpline for Mental Health Resources (833) 626-4244
- **Depression and Bipolar Support Alliance**

## Anxiety

- **Anxiety and Depression Association of America**
- **Crisis Text Line:** Text TALK to 741741
- **MentalHelp.net - Anxiety Hotline:**  
1-800-TLC-TEEN (852-8336)



## Grief

- **Center for Grief Recovery:**  
(773) 274-4600 or info@griefcounselor.org
- **Dougy Center**
- **Chicago Psychoanalytic Institute**

## Domestic Violence

- **Love is Respect**
- **National Center on Domestic Violence, Trauma, & Mental Health**



## Alcohol & Drug Addiction

- **Substance Abuse and Mental Health Services Administration (SAMHSA)** 800-662-HELP (4357)  
Contact and find a location near you



# More Resources

## Sexual Assault

- **RAINN** (888) 656-HOPE (4673)
- **National Sexual Violence Resource Center**  
Contact to find a location near you



## Bullying

- **Stop Bullying**
- **Cyberbullying Guide for Parents**

## Parenting Resources

**How Parents Can Help Support a Child's Mental Health**

**CDC Parenting Topics**

**Nemours Kids Health: Emotions and Behavior**



## Counseling Resources

**Therapy for Black Girls:** Find a Therapist

**Psychology Today: Black and African American Therapists in Chicago, IL**

## Books

**The Anxious Thoughts Workbook for Teens:**

by David A. Clark, PhD

**Exhale: A Self Care Coloring Book**



## Podcast

**Therapy for Black Girls**

*Helping Kids Cope*

**Slaying Our Anxiety**

**Managing Suicidal Thoughts**

**From Girls to Women: Voices of Young Black females- Survival Mode is Not a Lifestyle**



## Games

**Breaking Barriers Down**

**Strong Suit - The Tower of Self Esteem**