

TEEN RESOURCES

SCHOOL CARE TEAM

Text Lines:

National Mental Health Emergency Number **988**

Text 494949 or 741741

Youthline/Teen Peer-to-Peer Help (teens are available to chat 8:00 pm–2:00 am EST)

Text TEEN 2 TEEN to 839863

Addiction

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

www.themomofanaddict.org **260.209.4686** Online and in-person support groups for those struggling or their families.

Eating Disorders:

- NEDA: <https://www.nationaleatingdisorders.org/help-support/contact-helpline>
- <https://anad.org/>
- <https://farringtonspecialtycenters.com/>
- <https://www.meadowsranch.com/>

LGBTQ+ Community:

- Trevor Project Lifeline: **1-866-488-7386**
- Trevor Text: **1-202-304-1200**
- Trans Lifeline: **1-877-565-8860**
- LGBT National Hotline: **1-888-843-4564**
- Local Support Group. Fridays 5–6:30 Center for Non-Violence **2604564112 or 2607029740 ext 115**
- Local Support Groups: info@3RiversWellness.com

Help for Families

- Buildingastrongerfamily.org
- <https://thebrandonfoundation.org/>
- NAMI family support groups etc <https://www.namifortwayne.org/>
- <https://www.bloomprojectinc.org/>
- <https://www.bringitpushitownit.com/>
- www.restrealeaserespond.org The Journey: Teen and young adult mentoring program. Peer-to-peer support, life, and work skill groups. Meet on Thursdays and provide free transportation.
- <https://www.bsfindiana.org/>

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Mental Wellness Apps that are free

- notOK
- Wisdo (good for communities for anxiety, depression, mental health, etc.)
- Teentalk
- Talklife: Peer support
- Safespace
- PFA psychological first aid
- Columbia protocol
- Mind Shift (CBT app made specifically for teens)
- What's Up
- Mood Kit
- Mood Tools

Managing Mental Health: <https://bewellindiana.com> and <https://lookupindiana.org/>

- www.parkview.com/services-specialties/behavioral-health/behavioral-health
- Support groups for those dealing with mental illness and or their families
www.namifortwayne.org/local-resources

Sex Trafficking/Human Trafficking:

- Indiana Child Abuse Hotline (DCS) at **1-800-800-5556**
- National Human Trafficking Hotline at **1(888) 373-7888**. You can also **text "HELP" or "INFO" to 233733**
- www.madestrongfw.org
- www.ccfwsb.org/service/helping-survivors-child-trafficking
- www.parkview.com/community/dashboard/recognizing-the-signs-of-human-trafficking

Sexual Assault/Domestic Violence Help:

- 1-800-444-4073 www.ywcanein.com
- www.jennifersharp.org/programs
- www.scanfw.org/
- www.fwsatc.org
- www.TheChurchOfJesusFW.com/Counseling-Service

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Suicide & Self-Harm:

- Suicide Hotline: **1-800-273-TALK**
- Support after a suicide loss: www.wethelivingfw.org and www.erinshouse.org/

Pregnancy/STDs Help:

- www.womenscarecenter.org/
- www.testing.com/std-testing/fort-wayne-in/
- www.allencountyhealth.com/get-tested/sexually-transmitted-diseases/

Local Resources

- Connect Allen County - <https://www.connectallencounty.com/>
- **#211** - United Way Resources
- <https://www.bringitpushitownit.com/>
- **FREE AND REDUCED HEALTHCARE**
 - Christian Community Health Care
contact Mark Schlatter
markschlatter@ChristianCommunityHealthCare.org
260.627.2242 ext. 7
13410 Main Street Grabill, IN 46741