











# Health Resources for Teens

**USER NOTICE:** Some of the sites listed are equipped with a “quick exit” function, which clears browser history and closes the web page being viewed! The resources marked with one asterisk \* have this function.

**Note:** These resources are not intended to be a substitute for professional healthcare treatment.

Resource	Topics	What they have/do	Link
	Sex, puberty, STDs, relationships, and more	Real info in fun, animated videos that give you all the answers you actually want to know!	 <a href="https://amaze.org">amaze.org</a>
	Gender, gender expression	Online consulting, support groups, events and conferences	 <a href="https://genderspectrum.org/audiences/youth">genderspectrum.org/audiences/youth</a>
	LGBTQ Youth of Color group, National Student Council, Gay Straight Alliance	Resources to start a GSA at your school, ways to be active in LGBTQ communities	 <a href="https://glsen.org">glsen.org</a>
	Body, mind, substance abuse, food and fitness, infections	Videos, expert answers, tips for choosing medical care, mental health resources	 <a href="https://kidshealth.org/en/teens">kidshealth.org/en/teens</a>
	Dating, relationships, violence and safety	Interactive safety plan, Deaf services, Native American services, establishing and fostering healthy relationships, identifying risks of abusive relationships	 <a href="https://loveisrespect.org">loveisrespect.org</a>
	Sex, relationships, identity, and more	Talk (via texting) with an expert you can trust and get your questions answered	 <a href="https://okayso.co">okayso.co</a>
	Sexual health services	Education and providing care	 <a href="https://plannedparenthood.org">plannedparenthood.org</a>
 Q Card Project	Queer/Trans sexual health	Youth space, networks for LGBTQ and survivors of abuse, education	 <a href="https://qcardproject.com">qcardproject.com</a>

Resource	Topics	What they have/do	Link
	Sex, advocacy	Clinic finder, communication tools, state-specific healthcare info, interactive polls to vote on sexual health issues	 <a href="http://sexetc.org">sexetc.org</a>
	Sexual violence, gender identity, mental health, community	Reach a counselor 24/7, social, educational tools (The Coming Out Handbook, Black & LGBTQ, & more)	 <a href="http://thetrevorproject.org">thetrevorproject.org</a>
	Mental health support and crisis intervention	English and Spanish Crisis Chat 24/7	 <a href="http://crisistextline.org">crisistextline.org</a>
	General health, sexual health, substance use, relationships, physical activity and nutrition	Fact sheets, quizzes, Q&A	 <a href="http://goaskalice.columbia.edu">goaskalice.columbia.edu</a>
	Emotional health	Lifeline, crisis text line, educational tools	 <a href="http://www.mentalhealthishealth.us">www.mentalhealthishealth.us</a>
	Mental health	Education, support groups, NAMI HelpLine, online discussion groups, local chapters	 <a href="http://nami.org">nami.org</a>
	Eating disorders, body positivity	Online chat/phone/text line, treatment locator, recovery and relapse resources, BLM resources	 <a href="http://nationaleatingdisorders.org">nationaleatingdisorders.org</a>
	Mental Health	Online chatboard (kind of like Reddit)	 <a href="http://ok2talk.org">ok2talk.org</a>
	Mental health, physical health, sexual health, substance abuse, social/life	Informational articles (can be triggering; specifically discusses cutting right at the top. Proceed with caution)	 <a href="http://teenhelp.com">teenhelp.com</a>

Resource	Topics	What they have/do	Link
	Body, mind, substance abuse, food and fitness, infections	Videos, expert answers, mental health resources	 <a href="https://kidshealth.org/en/teens/your-mind/">kidshealth.org/en/teens/your-mind/</a>
	Mental health	First-person stories and articles on mental health struggles	 <a href="https://youmatter.suicidepreventionlifeline.org">youmatter.suicidepreventionlifeline.org</a>
	Mental health, social relationships, coping skills	Q&A (topics: family, relationships, feelings, suicide, abuse, addiction, bullying, school, COVID-19), journal pages, tips and tricks	 <a href="https://yourlifeyourvoice.org/pages/tips.aspx">yourlifeyourvoice.org/pages/tips.aspx</a>
	Sexuality, reproductive health, body image, substance use awareness, mental health, issues of diversity and anti-violence issues	Information and resources about sexual health topics to equip teens with knowledge and skills.	 <a href="https://teentalk.ca">teentalk.ca</a>
	Sexual health, relationships, birth control (info and access), and more	Provide accurate info, a clinic finder, and birth control info to find your method.	 <a href="https://powertodecide.org">powertodecide.org</a>

- \* This website has a quick exit function
- \*\* This website discusses self-harm, sexual violence, and suicide. If you have a history of mental distress with these topics, please explore this resource with caution. Talk to your healthcare provider if you have thoughts about self-harm or suicide or if you experience sexual violence.