



The Teen Toolbox is designed to help you better understand mental health.

[Click here to go
the Teen Toolbox](#)



Explore the Teen Toolbox and answer the questions below.

Name something you learned that was new:

How can you support a friend who is experiencing a mental health challenge?

What is one way you can take care of your mental health?

How can you start a conversation about how you're feeling with a trusted adult?

If you need to speak with someone immediately, please text or call 988. If this is an emergency, please call 911.



988 SUICIDE & CRISIS LIFELINE

Whatever time: Day. Night. Weekend.

Whatever the reason: Mental health distress. Thoughts of suicide. Worried about a friend or loved one. Would like emotional support.

The 988 Suicide & Crisis Lifeline is here for you.

Text or Call **988** | Chat 988lifeline.org |

For emergencies, call **911**

