



**Access
Resources
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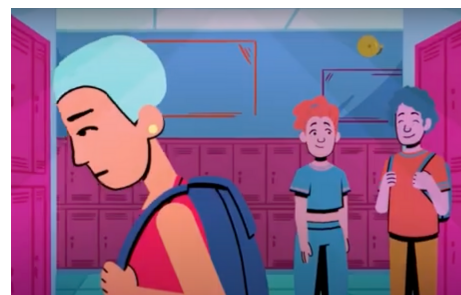


Teen & Young Adult *Resources*

Determining whether certain behavior is normal or a symptom of a mental health condition can be difficult. Learn when to ask for help, how to talk to your friends and family about mental health, and more.

How Teens Can Ask for Help

A video on who to reach out to and ways to put your thoughts and feelings into words to receive help for a mental health condition.



Getting the Right Start

Available in English & Spanish

A one-pager that makes taking the first steps to asking for help less overwhelming.

How to Help a Friend

Available in English & Spanish

A one-pager that gives suggestions on how to support a friend struggling with a mental health condition.

How to Talk to My Friends

When it comes to sharing information about your mental health, it's important to decide in advance what you're most comfortable with. Read our tips on how to open up to your friends.

SEIZE THE AWKWARD

Your Mental Health & School

If your mental health is impacting your ability to engage with your work and activities at school, it's important to talk to someone about it so you can gain the mental health support you need in school. Learn where to start that conversation.

Be the Friend that Listens

Starting a conversation about mental health does not need to be uncomfortable, and it can make all the difference. Check out these resources to learn how to support a friend – or get help for yourself.

Language Matters

A one-pager that helps individuals understand the importance of words when talking about mental health conditions and suicide.



Created by young people for young people, NAMI Say It Out Loud is a free online card game that will bring you closer to your friends through conversation prompts about life, relationships, and mental health.



National Alliance on Mental Illness

TEEN AND YOUNG ADULT RESOURCE DIRECTORY

NAMI HelpLine

NAMI HelpLine volunteers and staff have compiled this directory of outstanding resources to help you identify possible options to meet your needs. The resources included in the NAMI National Resource Directory are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.

Throughout this directory you will find NAMI Knowledge Articles that provide detailed resources, support options, and information. They may also be accessed at helplinefaq.nami.org for your convenience.



Call
800-950-NAMI (6264)



Text "Friend" to
62640



Email
helpline@nami.org



Visit nami.org/help
for webchat



How Young Adults Can Seek Help

A video on where and how you can find the help and support you need for a mental health condition.

Social Media & Mental Health

It's important to recognize when patterns of social media use are unhelpful and understand the potential consequences. Explore our suggestions for using social media while also protecting your mental health.

Positive Coping Skills

In this video, learn what positive coping skills are and how to develop a mental health toolkit so that we don't fall into negative coping strategies.



How to Talk to My Parents or Guardian

If you are struggling with your mental health, your parent or guardian can support your journey to find help. Read our tips on how to start the conversation.

Finding a Trusted Adult

Available in English & Spanish

Use this guide to help you choose someone to confide in about your mental health.

Commitment Planner

Available in English & Spanish

A resource to help students balance their school, work, and personal time to help their mental well-being!

Setting Boundaries Guide

Available in English & Spanish

This resource covers different types of boundaries, how to set them, and ways to communicate them.



**NAMI Greater
Kansas City
Website**

Promoting Mental Wellness, Community Acceptance & Hope

namigreaterkc.org