



Visit our website for links to these and other valuable mental health resources
[Humana.com/OklahomaBH](https://www.humana.com/OklahomaBH)

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Language assistance services, free of charge, are available to you. **855-223-9868 (TTY: 711)**

English Call the number above to receive free language assistance services.

Español (Spanish) Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

Tiếng Việt (Vietnamese) Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

繁體中文 (Chinese) 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

한국어 (Korean) 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Deutsch (German) Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Tagalog (Tagalog – Filipino) Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

Français (French) Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

OKHM52REN



Mental Health Resources for Teens and Young Adults

Humana
Healthy Horizons[®]
in Oklahoma



Sometimes you might feel really down. Things aren't going right. You feel like you can't cope. Maybe your friends or the people you love most don't understand what you're going through. Or maybe nobody has the time to listen. Don't suffer in silence, and don't give in to despair. You're not alone. Hope and help are a phone call or a text away. If you have harmed yourself or are thinking about harming yourself, please call **988** right away.

You can access any of the following resources to get the support, counseling and help you need:

Crisis support and suicide prevention

- **National Suicide Prevention Lifeline**
Call, text or chat **988** or call **800-273-TALK (8255)**. Free, confidential help for anyone at risk of self-harm, substance use, or suffering emotional distress.

Support for domestic violence

- **National Domestic Violence Hotline**
Call **800-799-SAFE (7233)** or text "Start" to **88788** to get help. Support is available 24/7/365.

Help lines

- **NAMI (National Alliance on Mental Illness)**
Call **800-950-6264** or text "Helpline" to **62640**, or chat. The NAMI Help Line is available Monday-Friday 10 a.m. – 10 p.m., Eastern time.
- **Teen Line**
Teen listeners provide support to any teen who is struggling. Call **800-852-8336** (9 p.m. to 1 a.m., Eastern time) or text TEEN to **839863** (9 p.m. to 12 a.m., Eastern time).

Support for people of color

Brother Be Well

A multimedia platform for boys (13+ y/o) and men of color aimed at improving health and mental wellness. Visit www.brotherbewell.com for support.

Support for the young LGBTQ+ community

The Trevor Project

Call **866-488-7386**, text 'START' to **678678** or chat online. Confidential support 24/7/365 for LGBTQ young people at risk of self-harm or in emotional crisis.

Additional resources for teens and young adults

- **Seize the Awkward**
This website provides digital resources to help you and your friends talk about mental health. Text SEIZE to **741741** for support.
- **Active Minds**
This organization promotes mental health for young adults. Visit www.activeminds.org for support.

Support for Parents and Caregivers

- **Sound It Out**
Sound It Out uses the power and soul of music to help parents and caregivers support their children's emotional wellness. Text HOME to **741741** or call **800-273-8255** for more information.
- **KidsHealth**
Resources for parents or caregivers to help them help their teens deal with stress, worry and other issues that impact their mental health. Visit www.kidshealth.org for more information.

