



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

Humana
Healthy Horizons[®]
in Ohio

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English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-856-5702 (TTY: 711)**.

Español (Spanish) ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-856-5702 (TTY: 711)**.

नेपाली (Nepali): निःशुल्क भाषासम्बन्धी सहयोग सेवाहरू प्राप्त गर्नका लागि माथिको नम्बरमा फोन गर्नुहोस्।

Українська (Ukrainian): Зателефонуйте за вказаним вище номером для отримання безкоштовної мовної підтримки.

French Creole (Haitian Creole): Kreyòl Ayisyen (French Creole) Rele nimewo ki e dike anwo a pou resevwa sèvis éd gratis nan lang.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

OHHM4JZEN



Mental Health Resources for Teens and Young Adults

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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.

