



Support Your Teen

Resources for Parents & Caregivers

This Resource Guide is a tool for any adult who is supporting a teenager. Resources include educational materials for parents and caregivers, emergency hotlines in times of crisis, and links to agencies and organizations that offer short-term and long-term support services for youth.

Mental Health Resources

Emergency Services

988 Suicide & Crisis Lifeline

Call or text 988 or chat online at 988lifeline.org.

The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress.

Additional information and resources can be found at www.988lifeline.org/help-yourself/youth.

Riverside Emergency Services

Call 800-529-5077

Riverside Emergency Services provides around-the-clock 24/7 mental health and substance use evaluations for young people and adults in crisis. This service can be provided over the phone, in someone's home, at school and in a community setting, and is an alternative option to going to an emergency room.

Peer-to-Peer Support

Hey Sam, Samaritans

Text 877-832-0890 (9AM-9PM)

Peer-to-peer support service dedicated for young people up to 24 years old. Designed for and staffed by young people, giving youth the opportunity to connect with peers if they are struggling, need someone to talk to, or need support.

Trainings & More

Newton Wellesley Hospital, Resilience Project

The Resilience Project aims to support the development of good mental health in children and adolescents through close collaboration with parents and schools.

The Resilience Project offers many parent and caregiver workshops to support the healthy development and resiliency of their adolescent and teens.

To learn more visit www.nwh.org/psychiatry.

Families for Depression Awareness

Families for Depression Awareness focusses on helping families recognize and cope with depression and bipolar disorder by equipping them with education and training so they can provide effective, constructive support for their family.

To learn more visit www.familyaware.org.

Substance Use Treatment & Recovery

SAMHSA (Substance Abuse & Mental Health Services Administration)

Call the National Helpline: 800-662-HELP (4357)

www.SAMHSA.gov

Addiction Recovery Management Services (Mass General Brigham)

Call: 617-643-4699

ARMS specializes in supporting teenagers and young adults (14-26 years old) and their parents as they deal with substance use and related problems.

Motivating Youth Recovery (UMass Memorial Health)

Call: 508-860-1244 or 508-438-5642

www.communityhealth.org

The MYR program is an acute detoxification and stabilization program for adolescents 13-18 years old, that utilizes a family-centered, strengths-based model that engages the adolescent and their family members towards recovery.

LGBTQIA+ Support

The Trevor Project

Call: 866-488-7356

Text: START to 678-678

Chat: www.thetrevorproject.org

The Trevor Project is a suicide prevention and crisis intervention organization for young people who identify as lesbian, gay, bisexual, transgender, queer and questioning.

They offer a free, confidential, and secure, 24/7 crisis service, as well as resources for families and caregivers, through workshops and webinars.

Greater Boston PFLAG

Call: 781-891-5966

www.gbpflag.org

Greater Boston PFLAG aims to change attitudes and create an environment of understanding so that LGBTQ family members and friends can live in a safe and inclusive world by providing support, education and advocacy.

They offer parent to parent support, monthly support group meetings, confidential telephone support and host community events.

These resources and more are available online at www.newtonma.gov/youth.

Questions? Contact Meghan Murtagh, Assistant Director of Youth Services, at 617-796-1420.

www.newtonma.gov/youth