

# PARENT RESOURCES

If you want to find out more information about depression and suicide in adolescents and/or how to get them further support, here are some helpful websites:

- [www.helpguide.org](http://www.helpguide.org)
- [www.save.org](http://www.save.org)
- [www.familyaware.org](http://www.familyaware.org)
- [www.thetrevorproject.org](http://www.thetrevorproject.org)
- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- [www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)
- [www.hopeline.com](http://www.hopeline.com)
- [www.thebalancedmind.org](http://www.thebalancedmind.org)
- [www.afsp.org](http://www.afsp.org)
- [www.halfopus.org](http://www.halfopus.org)
- [www.jedfoundation.org](http://www.jedfoundation.org)

If you need help obtaining a referral for a therapist for your adolescent, please contact your pediatrician or local community health center.

This website can also be a guide for finding help:  
[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

If you are experiencing a crisis or an emergency, here are the numbers to call:

- **Emergency services:** 911
- **Suicide hotline:** 1-800-273-TALK
- **Teen help line:** 1-978-688-TEEN