



Inner Strength education

Wellness Resources
for Teens



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Key.

-  Crisis Hotline
-  Talk support
-  Text support
-  Find a therapist
-  Place to go

If you want to reach out for help, but you don't want a potential interaction with the police, check to see if these statements are true for you and explain to the person on the line:

- You have not done anything to initiate a suicide plan.
- You will not act on suicidal thoughts today or in the near future.
- You have supports in case you feel suicidal later.

If these 3 statements are not true for you and you don't want a potential police interaction, call this number to talk with someone: 1-877-565-8860

SUICIDE

National Suicide Prevention Lifeline ★

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. The Lifeline is committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness. *In English and Spanish.*

Phone: 1-800-273-8255

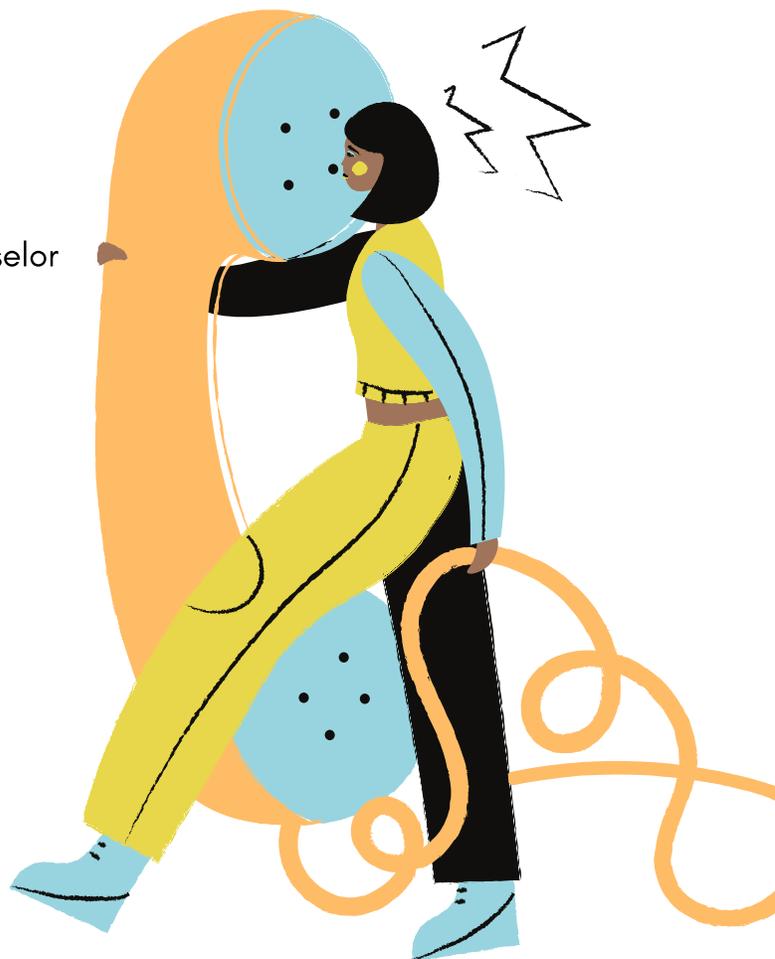
Hours: 24/7

Website: suicidepreventionlifeline.org

Crisis Text Line ★

Text HOME to 741741 to connect with a Crisis Counselor

Website: www.crisistextline.org



MENTAL HEALTH

2.

NAMI Philadelphia Warmline

NAMI PHILADELPHIA is an affiliate of The National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI PHILADELPHIA offers a Warmline; a monthly support groups for teens, young adults, family members, and other individuals impacted by mental illness; educational storytelling presentations; connections to services that aid and assist in recovery; and community integration. The NAMI PHILADELPHIA office also offers a safe space to talk with a knowledgeable affiliate member.

Phone: (267) 687-4381

Hours: M-F 9-5pm

Location: 520 N. Delaware Avenue, 7th Floor Philadelphia, PA 19123

Website: namiphilly.org

Teen Line

If you have a problem or just want to talk with another teen who understands, the Teen Line is there for you. This line provides support for teens when they are facing depression, pregnancy, or other experiences.

Phone: 310-855-HOPE or 800-TLC-TEEN (nationwide toll-free)

Or **Text** "TEEN" to 839863 between 9:00pm-12:00am EST to speak with one of our teens.

Hours: 9pm to 1am EST.

Inclusive Therapists

Seeking counseling or therapy can be a vulnerable process. People with marginalized identities face additional challenges such as micro-aggressions, prejudice, and language or financial barriers.

Getting the right help can become an overwhelming task. Inclusive Therapists center the needs of Black, Indigenous, and People of Color (BIPOC) and the 2SLGBTQIA+ community. They honor the full neurodiversity spectrum and advocate for mental health care accessibility for people with disabilities.

Website: www.inclusivetherapists.com

GRIEF AND ANGER SUPPORT

Uplift! Philly Hopeline

Do you or your loved ones feel lonely, stressed, sad, angry, or confused? Do you miss your friends and routines? Philly HopeLine is a free helpline sponsored by Uplift Center for Grieving Children and the School District of Philadelphia. It is staffed by Master's degree-level clinicians from Uplift, and is open to all School District of Philadelphia students & families.

Service is available in both English and Spanish.

Phone: 1-833-745-4673

Hours: M-Th 10-8pm

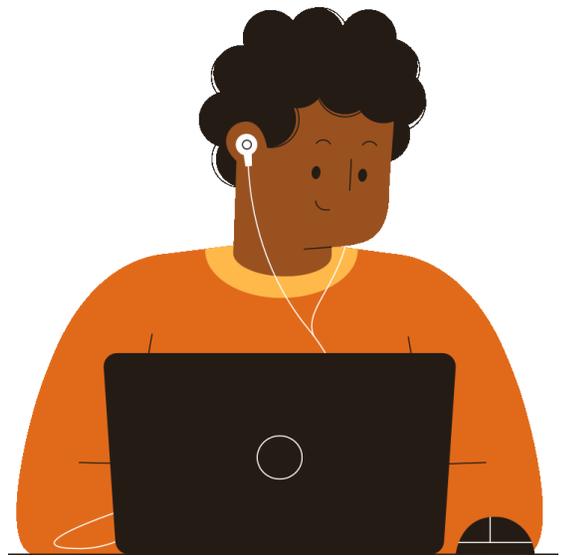
Location: 3300 Henry Ave, Suite 110

Website: upliftphilly.org

Youth Violence Outreach

Youth Violence Outreach provides young people who have experienced violence-related trauma with effective counseling and therapy to help them process the experience. YVO works to interrupt the cycle of violence. Their school-based work is a combination of services that provide trauma-informed care directly to youth, and emphasizes outreach to adolescent males of color who have the highest rates of victimization and violent behavior.

Phone: 215-567-6776 for more information



HOUSING

Philadelphia Homeless Outreach Hotline ★

This homeless outreach hotline connects people experiencing homelessness or otherwise in need of housing with shelter.

Phone: 215 232-1984

Hours: 24/7

Project Home: Hub of Hope

Project HOME's Hub of Hope drop-in center offers a safe place where people can enjoy a warm cup of coffee, take a shower and wash laundry, and speak to peers or case managers to begin the process of finding a permanent home. Their supportive housing programs offer permanent, subsidized housing for individuals and families who had been experiencing homelessness. The clean-and-sober permanent supportive housing residence programs include recovery programming. Accessible units available.

Phone: 215 309-5225 **Main Office:** 215 232-7272 (24/7)

Hours: M-F 9-5pm

Location: 1401 Arch Street Lower Level, Suburban Station Concourse
Philadelphia, PA 19102

Website: www.projecthome.org



National Runaway Safeline

The National Runaway Safeline is for youth who have runaway, are considering running away, or are homeless. Your situation is difficult and you may be feeling a wide range of emotions. The people at the Safeline are here 24/7 to help you sort those feelings out and make a plan. There is always someone available to listen and offer confidential, non-directive, and non-judgemental support. Each team member is prepared to listen to your story, help you handle a crisis and guide you to solutions that will improve your situation.

Phone: 1-800-786-2929

Website: 1800runaway.org

Covenant House

Covenant House builds a bridge to hope for young people facing homelessness or who are survivors of trafficking. They provide unconditional love, absolute respect, and relentless support. Doors are open 24/7 and high-quality programs empower young people to overcome adversity, today and in the future.

Phone: 215-951-5411

Hours: 24/7

Location: 31 E. Armat Street Philadelphia, PA 19144

Website: Covenanthouse.org

Youth Emergency Service

Youth Emergency Services offers immediate housing and respite to youth ages 12-17 facing housing insecurity or who are unable to safely live with family. YES provides a safe and supportive environment, on-site medical care, education support, youth-centered activities, links to resources, and support to continue in school or get reconnected with learning.

Phone: (215) 787-0633 or 1 (800) 371-SAFE (24/7)

Location: 1526 Fairmount Avenue, Philadelphia PA 19130

Website: ysiphilly.org/youth-emergency-service

RELATIONSHIP, SEXUAL HEALTH, AND ABUSE HELP

LevelsRespect

LevelsRespect offers a hotline, textline and online resources to help you with issues in love relationships, and to give you immediate support in abuse situations. They also provide comprehensive healthy relationship coaching with resources including interactive webpages, toolkits, training, and curriculum for educators, peers, and parents to promote healthy relationships and prevent future abuse. They aim specifically to be a safe and inclusive space for young people to access help and information.

Phone: Hotline at 1.866.331.9474

Text: “loveis” to 22522 to chat

Website: loveisrespect.org

Women Organized Against Rape (WOAR)

WOAR provides free services to children and adults who have experienced sexual violence. Their specially trained Hotline crisis counselors provide support, answer questions, and offer referral guidance to the right services. Crisis advocates provide medical accompaniment, explain the reporting process, provide information about the criminal justice system, and connect victim/survivors to WOAR services and outside services as needed. Gender and disability inclusive.

Phone: (215) 985-3333 (24/7, call or text)

Hours: M-F 9 – 5 pm

Location: 1617 John F Kennedy Blvd., Suite 800, Philadelphia PA 19103

Website: woar.org



RELATIONSHIP, SEXUAL HEALTH AND ABUSE HELP

Women Against Abuse



Women Against Abuse is a 24-hour emergency safe haven that provides free services for up to 90 days to survivors of all gender identities and their children who are victims of domestic violence, along with case management, behavioral health services, childcare, amenities, round the clock security safety staff, and other supportive services. Women Against Abuse also provides transitional services and community-based case management paired with housing supports, as available.

Phone: (215) 386-1280

Location: 100 South Broad Street, Suite 1341 Philadelphia, PA 19110

Website: womenagainstabuse.org

Planned Parenthood



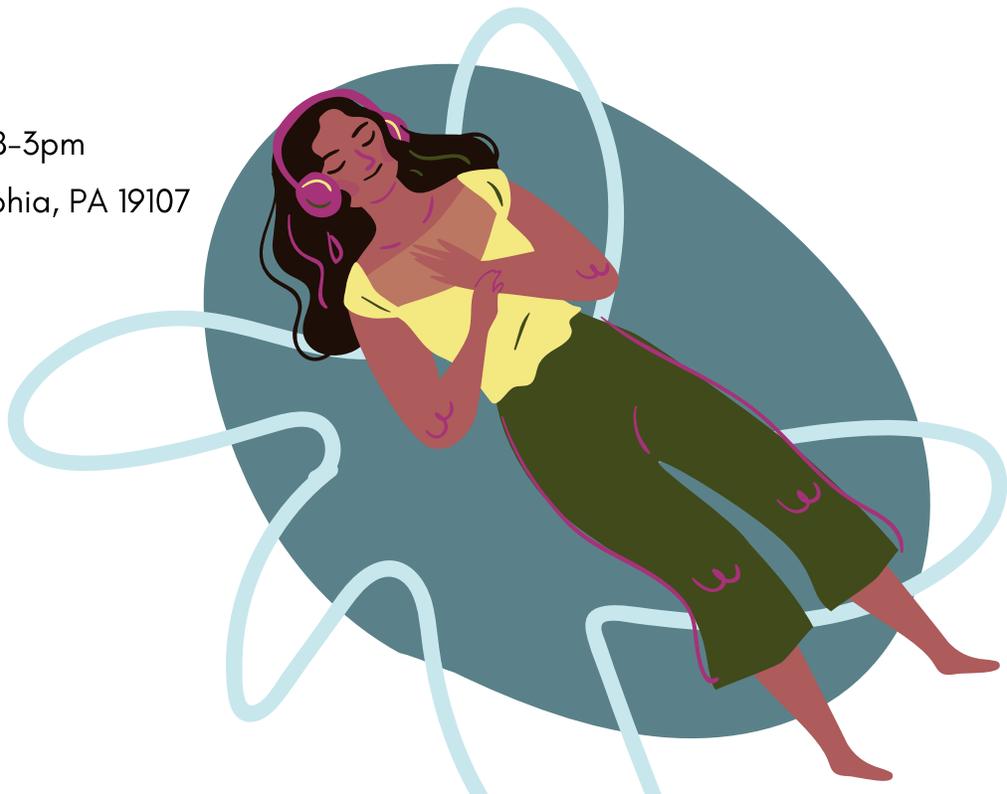
The Elizabeth Blackwell Health Center TM at Locust Street.

Planned Parenthood provides information and services to support healthy and planned sexual activity and pregnancy, such as birth control, abortions, STD and HIV testing, and counseling services.

Phone: 215-351-5560

Hours: M-TH 8-5:30pm, F 8-4pm, Sa 8-3pm

Location: 1144 Locust Street Philadelphia, PA 19107



LGBTQIA+

Trans Lifeline ★

Hotline for trans people staffed by trans people.

Phone: 1-877-565-8860

GLBT National Youth Talk Line ★

Hotline for youth (up to age 25) with peer-counseling and local resources.

Phone: 1-800-246-7743

Trevor Project Suicide Prevention Hotline ★

Crisis intervention and suicide prevention services to LGBTQ youth (ages 13-24).

Phone: 1-866-488-7386



Rest for Resistance

Rest for Resistance is an online support group for QTPOC, and also offers resources and articles.

Website: restforresistance.com

Trans Teens Online Talk Group 

Weekly moderated group for trans teens ages 12-19.

Hours: Wednesdays 7-9 PM EST

Website: glnh.org

Mazzoni Center

The Mazzoni Center is a multi-service, community-based, health and social service provider aiming to advance the health and well-being of lesbian, gay, bisexual, transgender and queer (LGBTQ) individuals. It provides services to the LGBTQ community including primary medical care, mental health counseling and substance abuse treatment services, legal services, and HIV prevention & care.

Location: 1348 Bainbridge Street Philadelphia, PA 19147

Phone: Main: (215) 563-0652, Medical: (215) 563-0658, Legal: (215) 563-0657

Website: mazzonicenter.org

**Attic Youth Center**

Creates opportunities for Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) youth to develop into healthy, independent, civic-minded adults within a safe and supportive community. Promotes the acceptance of LGBTQ youth in society. Offers comprehensive risk counseling, HIV prevention, support groups, and case management for medical, legal and emergency services.

Hours: The Attic is open to in-person visits on Mondays, Wednesdays, and Fridays from 1-6 p.m.

Youth MUST RSVP by noon the day of their visit to lifeskills@atticyouthcenter.org.

Location: 255 South 16th Street Philadelphia, PA 19102

Phone: (215) 545-4331

Website: atticyouthcenter.org

BLACK COMMUNITY

BlackLine

BlackLine is a 24/7 Text or Call Hotline, offering a space for peer support, counseling, witnessing and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.

Phone: 1 (800) 604-5841

Website: callblackline.com



Black Men Heal

Black Men Heal provides access to mental health treatment, psycho-education, and community resources to men of color. They also offer some free therapy sessions through an application process.

Website: blackmenheal.org

Spirits Up!

Spirits Up! is an organization that offers tools for personal liberation and healing through yoga, meditation, the arts, and innovative activity to support the continued work towards collective Black liberation. Spirits Up! provides safe spaces for people consistently on the frontlines for Black lives and those long suffering from systemic racial traumas.

IG: @spiritsup215

Website: www.spiritsup.life



SOUTH ASIAN COMMUNITY

DeQH

Hotline for South Asian/Desi LGBTQ individuals, family, and friends.

Phone: 908-367-3374

Website: deqh.org

SAMHIN

SAMHIN is a free, confidential HelpLine. When you call the SAMHIN HelpLine, you will speak with a trained staff member or a mental health clinician, who will help you get support, guidance, information and, if needed, a referral to a culturally-competent mental health clinician in your area. They can help you find local resources and navigate the mental health system.

Phone: 732-902-2561

Email: helpline@samhin.org

Hours: 10:00 AM – 7:00 PM daily



LATINX COMMUNITY

Hispanic Community Counseling Center

Hispanic Community Counseling Services (HCCS) is a Latino-operated, community-based, outpatient agency offering behavioral and mental health intervention services. Their main focus is the provision of culturally appropriate and recovery-oriented mental health services to the communities of North Philadelphia.

Offer sliding scale counseling services for youth.

Phone: 215-425-6900 or 6901 (Kensington Ave)

or 215-291-8151 or 8152 (Allegheny Ave)

Hours: M-F 8-4pm Walk-in hours Mondays 9-3pm

Locations: 1952 E. Allegheny Avenue Philadelphia, PA 19134

3219-21 Kensington Avenue Philadelphia, PA 19134

Website: hccsphila.org

Fuerza

Fuerza is the youth leadership committee of Juntos. Founded in 2011 by student leaders from South Philadelphia, committee members address issues of education, labor, and immigration from a youth perspective.

Phone: 215-218-9079 EXT. 3

Email: guadalupe@vamosjuntos.org

Hours: Wednesdays at 4pm

Location: 600 Washington Ave

(2nd floor of the Saigon Maxim Shopping Center)



INVESTING IN YOU

While it is **essential** to seek help when you're going through a mental health crisis, it is also important to continuously invest in your mental health — even when you're feeling pretty good. Exploring our own forms of self care, and consistently practicing them, is foundational to a well-lived life. This will help you show up better in relationships, access more curiosity and creativity, support you through life's hurdles, and launch you to achieve your goals. The next section offers some suggestions of ways you can nurture your mental health, both alone and in community.

This is by no means an exhaustive list, but we hope it serves as a fruitful springboard to other resources or practices that support your resilience, inner stability, and joy.



FIND YOUR POSITIVE VIBE

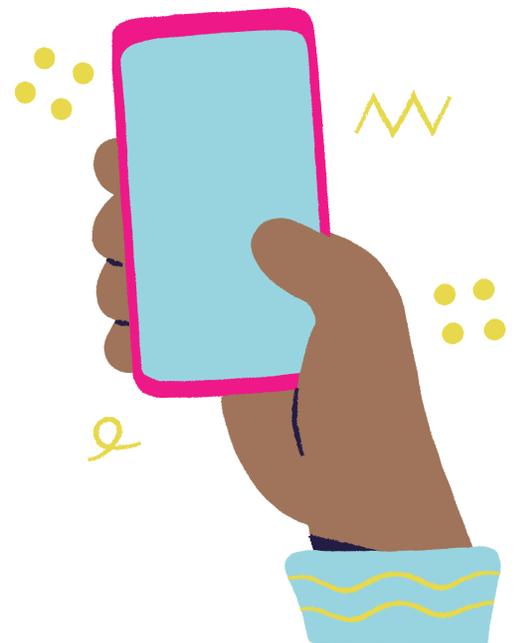
Practice mindfulness

Inner Strength Vibe

Inner Strength's free app for teens, offering a variety of mindfulness exercises and learning tools to develop strong focus and study habits, positive communication tools, inner peace, strength, and stability. Explore your favorite Inner Strength activities, challenges, and badge-earning competitions to discover more joy in your everyday experience.

Website: <https://innerstrengtheducation.org/teen-mindfulness-mobile-app/>

or scan this code!



Inner Strength Mindfulness Audios

Explore Inner Strength's website for a variety of podcasts, mindful listening playlists, guided meditations, informational videos, and more!

Website: <https://innerstrengtheducation.org/teen-mindfulness-resources/>



FIND YOUR POSITIVE VIBE

Learn in community

Free Library of Philadelphia

The Free Library hosts teen craft meet ups, movie screenings, tutoring services, cooking classes, college prep and so much more! Check out their upcoming events for teens with the link below.

Website: libwww.freelibrary.org/programs/teen/

WHYY

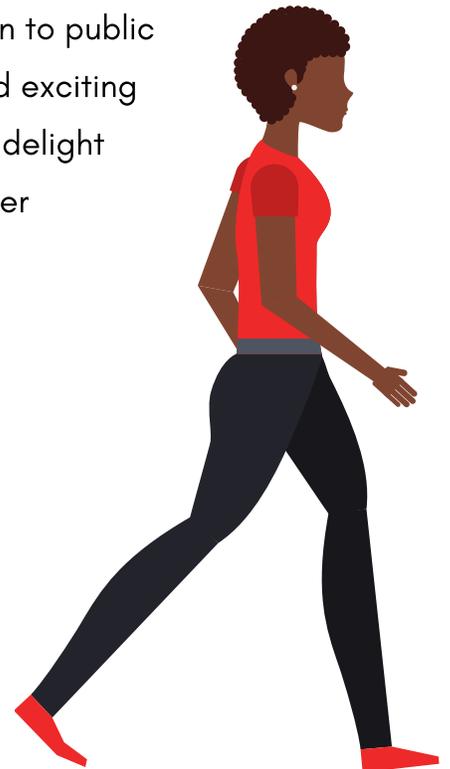
WHYY is known for the educational kids programs it broadcasts on TV, but when it comes to supporting teens, they have loads more to offer including free classes and hands-on digital media training at WHYY's Philadelphia Studios.

Website: <https://why.org/education/for-students/>

The Franklin Institute

The Franklin Institute is one of the oldest premier centers of science, education, and development in the country. Today, it continues its dedication to public education and creating a passion for science by offering new and exciting access to science and technology in ways that would dazzle and delight its namesake. Check out their science enrichment programs, career development, cross-age mentoring, and leadership opportunities.

Website: https://www.fi.edu/youth-community_programs



FIND YOUR POSITIVE VIBE

Find your voice

Mighty Writers

Might Writers offers free writing workshops, writing spaces, writing tutors, writing contests, and 1:1 mentoring to teenagers (*in both English and Spanish*). Based out of West Philly, Mighty Writers believes in the power of writing. Their battle cry, tagline, and mantra is: 'Think clearly and write with clarity.' If you're interested in growing as a writer, fill out their new members form below.

Website: <https://mightywriters.org/join-mighty-writers/>



SpeakUp!

SpeakUp! enable teens to talk openly, honestly and without judgment about difficult topics and reach out for support within their homes and schools.

They believe that no matter what the problem is - stress, drugs, alcohol, depression, anxiety, relationships, social media or others - the solution always begins with realizing you are not alone and having the courage to speak up and ask for help. If you're interesting in learning how to have courageous conversations, check out their leadership opportunities, internships, and volunteering roles below.

Website: <https://speakup.org/get-involved/>



Girls Rock Philly

Girls Rock Philly believes in creating liberatory futures through song and joy. They're a youth-centered music organization dedicated to building an intergenerational community of girls, women, and trans and gender-expansive people. Through the practice of fearless expression, artistic experimentation, and collaboration, they build the confidence and leadership skills needed to transform one self and our community. Check out their Summer Rock Camp, CARE Lab, and Youth Action Council for ways to get involved.

Email: info@girlsrockphilly.org

Location: 1428 Germantown Ave, Philadelphia PA

Phone: 215-776-5246

Website: www.girlsrockphilly.org

FIND YOUR POSITIVE VIBE

Mentorship and Community Programs

Big Brothers Big Sisters

Big Brothers Big Sisters Independence enriches, encourages and empowers children to reach their highest potential through safe, one-to-one mentoring relationships.

Website: <https://www.independencebig.org/get-a-big/>

Spiral Q

Spiral builds strong and equitable communities characterized by creativity, joy, can-do attitudes and courage to act with self-determination.. Their work with pre-teens, teens and young adults emphasizes critical thinking and leadership development. Youth can connect with Spiral Q through volunteer opportunities and apprenticeships, or by attending their many events in the city that weave together art and resistance.

Phone: 215-222-6979

Email: community@spiralq.org

Website: <http://www.spiralq.org/programs-events/>



Galaei's SPLAT

Student Power Leadership & Activism Together

Galaei's SPLAT program works to support the empowerment and leadership development of queer youth of color through individual coaching, group support, and community engagement. They provide a safe and affirming environment where youth are coached through various issues relating to sexual health, education, employment, conflict resolution, and trauma. Group activities allow queer youth to strengthen their social support system and facilitate dialogue about how they can make an impact on their community through organizing.

Email: Corem Coreano at corem@galaei.org, or Liz Lopez at liz@galaei.org

Website: <https://www.galaeiqtbpoc.org/splat/>

FIND YOUR POSITIVE VIBE

Get Active

Game On Philly!

This mobile app is filled with tons of sports drills, workout routines, and fun activities for you to do at home. Game On Philly! is for anyone in the Philadelphia area interested in learning a new sport or wanting to find something fun to do. The app gives youth the opportunity to track their daily fitness and connect with mentors and the community.

Website: <https://pysc.org/game-philly-app>

Fletcher Street Riders

The Fletcher Street Urban Riding Club evolved from a century-long tradition of Urban Black Cowboys in the 'City of Brotherly Love' and one man's commitment to provide horsemanship experience in the inner-city. Located in the Strawberry Mansion neighborhood of North Philadelphia, Fletcher Street Riders remains true to its mission in engaging urban youth in equestrian sports while also teaching life skills, instilling discipline, and promoting academic excellence.

Email: info@fsurc.com

Hours: Saturday & Sunday: 8am - 2pm

Location: 2607-11 West Fletcher Street Philadelphia, PA 19132

Website: fsurc.com

Students Run Philly Style

Students Run Philly Style is a running and mentorship program for 6th-12th graders. They pair volunteer mentors with teams of students to inspire them to push themselves further than they ever imagined - to eventually complete a full or a half marathon. If you're looking for an opportunity to meet other Philly teens and participate training 3-4 times/week, fun summer events, leadership development and academic enrichment, check out the link below.

Website: <https://studentsrunphilly.org/get-involved/>



FIND YOUR POSITIVE VIBE

Work with the Earth

Urban Creators

Since 2010, Urban Creators has used food, art, and education as tools to nurture resilience, self-determination, and radical imagination. Their *Life Do Grow* (LDG) space in the heart of North Central Philadelphia is a dynamic ecosystem comprised of an urban farm, public park, outdoor classroom, community marketplace, venue for artistic and cultural expression, and co-working space for businesses, artists, organizers, growers, and creators. To get involved with their organic garden or any of their creative endeavors, check out their website.

Email: operations@urbancreators.org

Location: Life Do Grow Farm, 2315 N 11th Street Philadelphia, PA, 19133

Hours: Open volunteer hours are 1st and 3rd Saturdays, from 10am–2pm

Website: <https://urbancreators.org/get-involved/>

Urban Tree Connection

Urban Tree's mission is to build a neighborhood food and land system through community leadership development and land-based strategies in West Philadelphia. UTC's Youth Apprenticeship Program (YAP) is seeking high-school students ages 14–18 that live in the West Philadelphia area for a unique apprenticeship that introduces Black and youth of color to urban agriculture. Each Apprentice receives mentorship from Staff in the areas of urban farming, leadership development, and community organizing.

Email: saruh@urbantreeconnection.org

Website: <http://urbantreeconnection.org/index.php>

