

Adolescent Health Resources

These resources are for youth and young adults ages 13-26, and offer free confidential helplines and other services.

Dating Violence / Sexual Assault – resources that aim to disrupt and prevent unhealthy relationships and intimate partner violence via information, support, and advocacy.

Love is respect | loveisrespect.org | call 1-866-331-9474 | text LOVEIS to 22522 | or chat online

National Domestic Violence Hotline | thehotline.org | call 1-800-799-SAFE (7233) | text START to 88788 or chat online
National Sexual Assault Hotline | rainn.org | call 1-800-656-HOPE (4673) | or chat online

YWCA OKC | ywcaokc.org/sexual-assault | call 405-943-7273 (sexual assault) | call 405-917-9922 (domestic violence)

Mental Health - resources related to mental health and connect youth and young adults with mental health professionals who can provide emotional support to those in crisis and/or emotional distress.

Crisis Text Line | crisistextline.org | text HOME to 741741

NAMI Oklahoma | namioklahoma.org | call 1-800-583-1264

988 Suicide and Crisis Lifeline | 988lifeline.org | call or text 988 | or chat online

Youth Crisis Mobile Response | heartlineoklahoma.org/youth-crisis-mobile-response | call 833-885-CARE (2273)

Substance Use - resources related to substance use disorders, treatment, and recovery

National Institute on Drug Abuse (NIDA) for Teens | teens.drugabuse.gov/teens

SAMHSA National Helpline | samhsa.gov | call 1-800-662-HELP (4357)

Truth Initiative | truthinitiative.org/thisisquitting | text DITCHVAPE to 88709