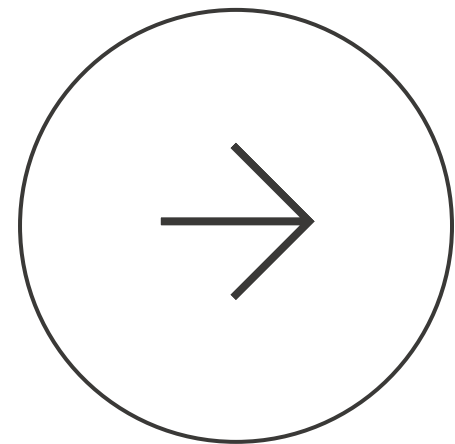


**AWAKE**

Mental Health  
Resource  
Guide

@AWAKE.SAB





# Crisis Lines

Taking that step to seek help in a moment of crisis can be one of the most challenging things to do. You are not alone in this struggle, and reaching out for support is a powerful act of self-care and resilience.


- CALL 988 - NATIONAL SUICIDE AND CRISIS LIFELINE
- CRISIS TEXT LINE
- FOR LGBTQ+ YOUTH - THE TREVOR PROJECT
- TRANS HOTLINE
- FOR TEENS AND YOUNG ADULTS - NAMI HELPLINE
- SAMSHA'S NATIONAL HELPLINE
- FOR GRADUATE STUDENTS - GRAD RESOURCES CRISIS LINE
- NATIONAL SEXUAL ASSAULT HOTLINE
- NATIONAL DOMESTIC VIOLENCE HOTLINE
- FOR INDIGENOUS PEOPLE - STRONGHEARTS NATIVE HELPLINE



# Mentorship

I admire your dedication to growth and learning. The path you've chosen is one of wisdom and foresight. Seeking a mentor shows your commitment to personal development, and it's a clear sign of your initiative and potential.

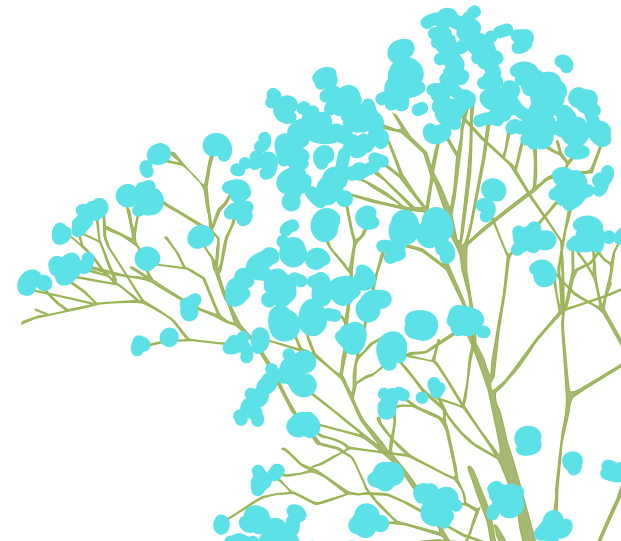
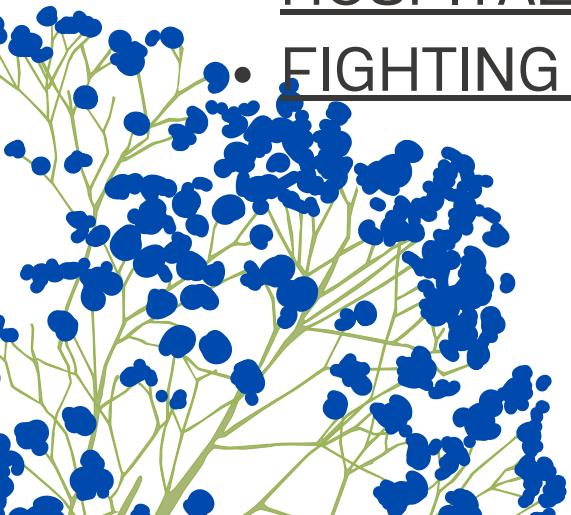
Remember, in this journey, you're not alone; there are experienced individuals willing to guide you, share their knowledge, and inspire your progress.

- BIG BROTHER BIG SISTERS
  - LAUNCH MENTORSHIP
  - OASIS CENTER FOR YOUTH- OFFERS A WIDE RANGE OF ACTIVITIES AND RESOURCES FOR MANY THINGS
  - YOUTH VILLAGES -THE FORCE FOR FAMILIES
- 

# Food Insecurity

The battle against an eating disorder can be relentless. Every day you face this struggle is a show of how resilient you are. Seeking help is a sign of strength, not weakness. Everyone needs help sometimes, and it's a great thing that you have found the courage to do so.

- FEAST-ED
- THE PROJECT HEAL
- BP - THE BULIMA PROJECT
- NATIONAL EATING DISORDERS ASSOCIATION
- THE RENFREW CENTER- FIRST IN EATING DISORDERS
- EATING DISORDERS PROGRAMS- VANDERBILT CHILDREN HOSPITAL
- FIGHTING MY EATING DISORDER

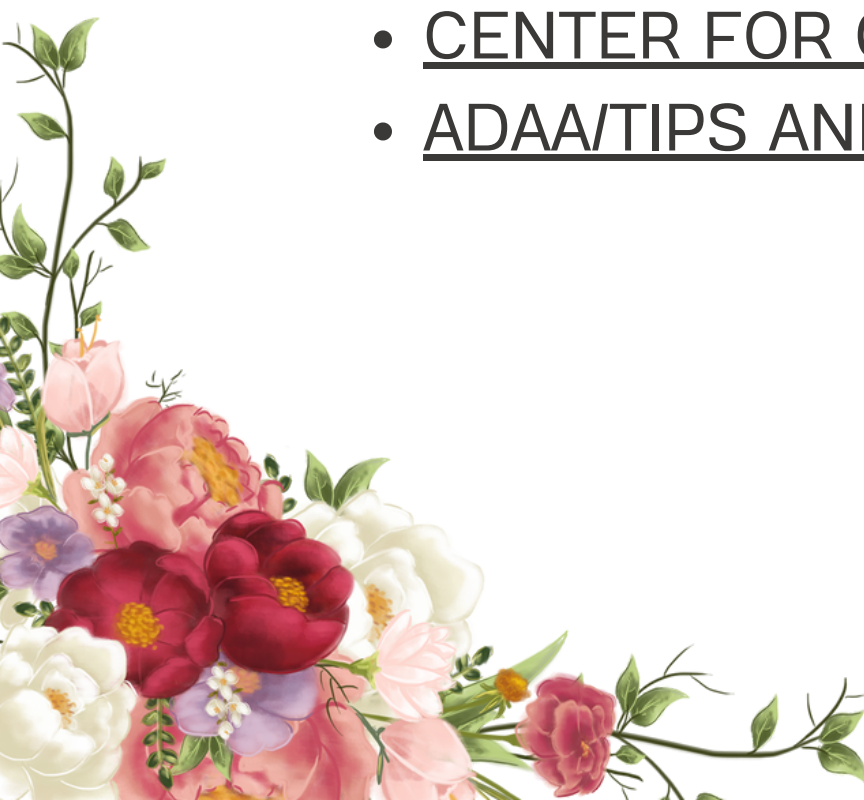







# Anxiety

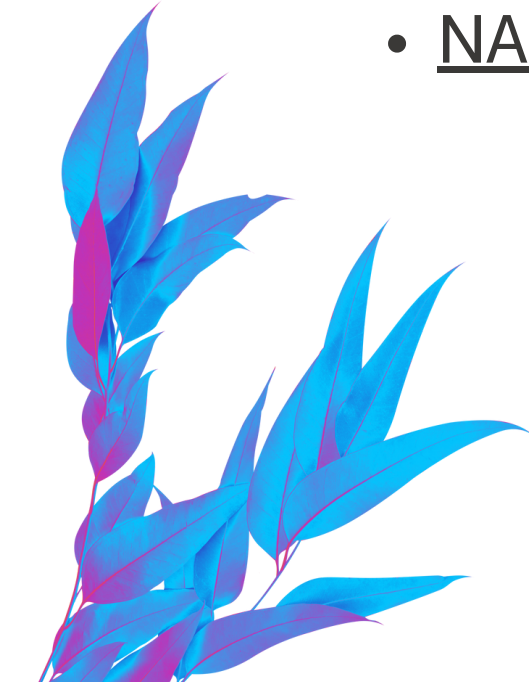
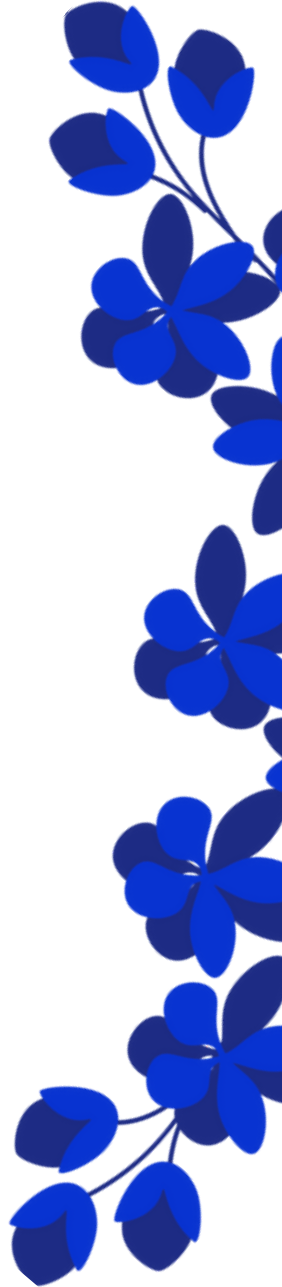
Anxiety may be a challenging companion, but it doesn't define who you are. Your ability to navigate through anxious moments and still keep moving forward is a testament to your courage. Remember that it's okay to seek help and support when needed, and there is no shame in asking for assistance on this journey.

- INTERNATIONAL OCD FOUNDATION
  - ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA
  - CENTER FOR CLINICAL INTERVENTION
  - ADAA/TIPS AND STRATEGIES
- 
- 



# Depression

Depression may cast shadows, but it can't extinguish the brilliance of your spirit. Every day you face its grip is a testament to your unwavering resilience. Seeking help is a testament to your strength, not a sign of weakness, and there are countless individuals ready to walk alongside you on your journey. Depression is just one chapter in your remarkable story; it does not define your essence.

- [AMERICAN ACADEMY OF CHILD PSYCHIATRY](#)
  - [NEMOURS-TEEN DEPRESSION](#)
  - [NAMI-DEPRESSION](#)
- 
- 



# TN Resources

Tennessee ranks near the bottom in the country for mental health resources, according to new data. The latest "State of the Child " report shows almost three in every four children suffering from depression don't get treatment in the state. Children in Tennessee experience levels of anxiety and depression similar to children in other states, yet Tennessee ranked 41st in the country for youth mental health.

- [TN VOICES](#)
- [MHTCC NETWORK](#)
- [NAMI - CHATTANOOGA](#)
- [THE JASON FOUNDATION](#)
- [NAMI-TENNESSEE](#)
- [DAVIDSON COUNTY SUPPORT GROUP](#)
- [WE CARE - RUTHERFORD COUNTY](#)
- [TN ACHIEVES MENTORING](#)
- [AIMHTN](#)



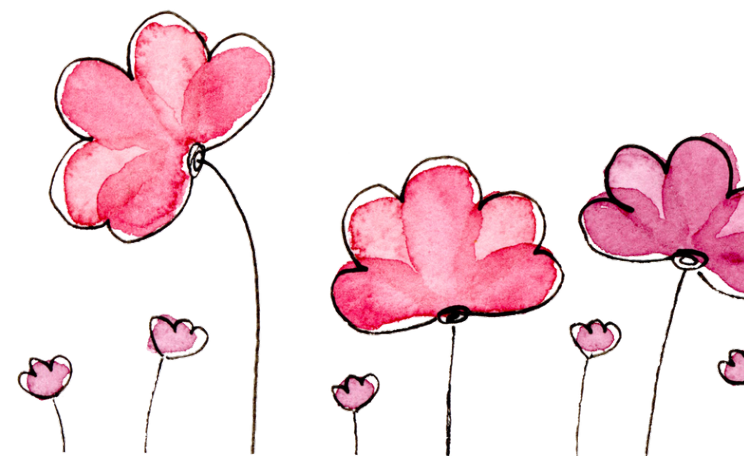
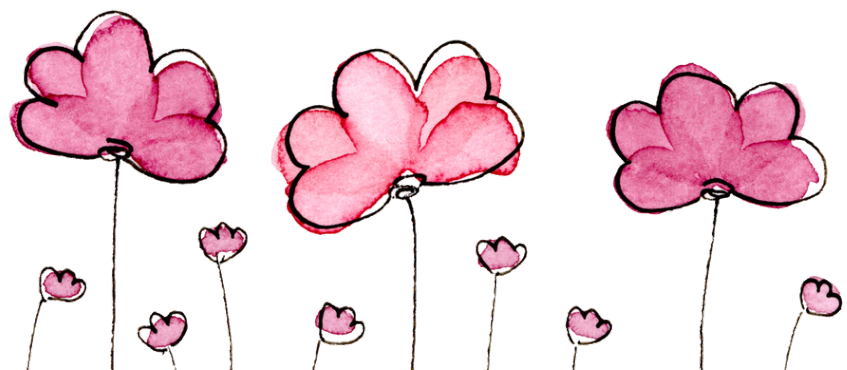




# Mental health activities

Being active doesn't have to mean taking out an expensive gym membership or running marathons. Finding an activity you enjoy can give you a goal to aim for and a sense of purpose. It can also be a great way to meet people, have a break from daily life and gain confidence.

- [THE FEELING WHEEL](#)
- [MINDFULNESS FOR TEENS](#)
- [MENTAL HEALTH DELTA DIVISION](#)
- [CHANGE-TO-CHILL](#)
- [VIRTUAL CALMING ROOM](#)
- [HEADSPACE](#)
- [YOUNG MINDS](#)



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# More Resources

Need something else? Here's a few more various resources that you can try out.

- [BLACK MAMAS ALLIANCE](#)
- [BEAM MENTAL HEALTH](#)
- [THE MIGHTY RESOURCES](#)
- [TEDTALK MANAGING STRESS](#)
- [MENTAL HEALTH SCREENING - MENTAL HEALTH AMERICA](#)

