

# Teen Resource Guide



## Get Support:

### Love Is Respect

Contact for teen dating violence support

Call: 866-331-9474

Text: "loveis" to 22522

### Teen Line

Contact for teen mental health peer support

Call: 800-852-8336

Text: "TEEN" to 839-863

### The Trevor Project

Contact for LGBTQ+ youth mental health support

Call: 1-866-488-7386

Text: 678-678

If talking to someone in-person isn't the right choice for you, check out these options.

Want more information about teen dating violence? Check out these online resources.

## Get Information about:

### Love Is Respect

teen dating violence and healthy relationships

[www.loveisrespect.org/](http://www.loveisrespect.org/)

### OneLove

teen dating violence and healthy relationships

[www.joinonelove.org/](http://www.joinonelove.org/)

### Safety Net Project

digital abuse and online safety

[www.techsafety.org/resources](http://www.techsafety.org/resources)

### Break the Cycle

teen dating abuse

[www.breakthecycle.org/](http://www.breakthecycle.org/)

### My Plan Teen App

developing a personalized safety plan