

For more information and resources, visit us at:

YouAreNotAlone.mhainspire.org



Need to talk?

Teen Connect

You are not alone.
Get connected to free support.



Scan and save
for later!

If you or someone you know is
experiencing a mental health crisis, please call 988.

We are non-crisis mental health support for youth ages 13 - 24.

Run by youth, for youth!



1-888-866-6054



1-973-791-5700

Call or text!
Monday - Friday
5pm-10pm