NAMI Teen & Young Adult (T&YA) HelpLine

Available Monday Through Friday, 10:00 AM - 10:00 PM ET

The NAMI Teen & Young Adult (T&YA) HelpLine is a free, nationwide teen and young adult peer-support service providing information, resource referrals, and support to teens and young adults who have a mental health condition or are going through a difficult time in their life.

Text

Text **Friend** to 62640 to immediately connect with a HelpLine Specialist trained to provide open peer-to-peer support.

Call

If you are a teen or young adult with questions about mental health, call **1-800-950-NAMI (6264)** to speak with a NAMI HelpLine specialist now.

Chat

"**Chat With Us**" on NAMI.org/talktous to connect with a HelpLine Specialist. We've been there and we can help.

NAMI
National Alliance on Mental Illness

Fast Facts About T&YA Mental Health

- The traumatic stress of the pandemic and other world events magnified what was already a mental health emergency among teens and young adults.
- **More than 4 in 10 youth** felt persistently sad or hopeless in 2021.
- **1 out of 3 students** experienced poor mental health.
- NAMI knows the large impact of these experiences on young people's mental health—and with the launch of our NAMI Teen & Young Adult (T&YA) HelpLine*—we are here to help.

Help Us Spread the Word!

Want to help us get the word out about the NAMI T&YA HelpLine? Check out our social media toolkit which has captions and images ready for sharing or learn more about our NAMI T&YA HelpLine.

NAMI Teen &Young Adult HelpLine Talking Points

- If you are a teen and young adult with a mental health condition, or maybe you don't have a condition, but you're going through a difficult time in your life, reach out to the NAMI Teen & Young Adult HelpLine.
- NAMI's staff and volunteers are well-trained young adults who provide open, peer-to-peer communication. They will provide accurate information about mental health, and they're trained to help identify the best resource for your concern.
- They understand what you're going through—most from personal experience—and will listen, offer support, and hope.
- **Call 1-800-950-6264 or text "Friend" to 62640 or you can chat at nami.org/talktous, Monday through Friday, 10 a.m. to 10 p.m. ET.**

Talk to us.
NAMI T&YA Helpline

The NAMI Teen & Young Adult HelpLine (T&YA) is not a hot line, crisis line or suicide prevention line. If you or someone you know is experiencing a crisis, please chat, call, or text 988. The NAMI T&YA HelpLine does not provide mental health counseling, advice, personal advocacy or referrals to individual mental health providers or lawyers. The NAMI T&YA HelpLine does not provide individual casework, legal representation, or any type of individual advocacy.

Message and data rates may apply. Message frequency varies. Reply STOP to opt-out. Reply HELP for help. See our Terms of Service and Privacy Policy for more information.