

You are not alone

Mental health and stress management resources for adolescents

Help how you want it, when you need it.



Text

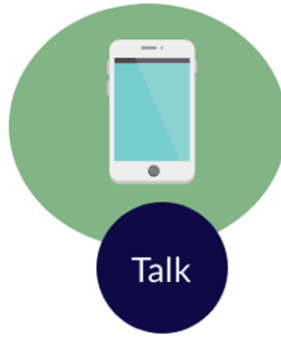
- Text "HOME" to 741741
Available 24 hours a day, 7 days a week.



North Central
Farm and Ranch
Stress Assistance Center



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Talk

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
Available 24 hours a day, 7 days a week.



Extension
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Web

- Go Ask Alice!

Geared at young adults, this question and answer website contains a large database of questions about a variety of health topics.



- Teens Health



Providing a safe place for teens who need honest and accurate information and resources on mental health issues.



We're here to help 24/7

Missourians can access the free Iowa Concern Hotline offered by University of Missouri Extension through a North Central Region Farm and Ranch Alliance Network federal grant.

Call toll free: 800-447-1985

**Or chat with an expert:
extension.iastate.edu/iowaconcern**

A confidential source for help with:

- Legal information and where to go to get aid.
- Finances, unemployment, and more.
- Stress, depression, parenting, and wellness.
- Crisis and disaster assistance.
- Illness and recovery.

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