TEEN KIT · GUIDE 3

Take Care of You

Hard days, grief, bullying, and where to talk

Stress, sadness, anger and loneliness are part of being human. Feeling them doesn't mean something is wrong with you.

2-minute resets

- Breathe in for 4, out for 6. Do it five times.
- Step outside or move your body.
- Text someone you trust.
- Write down what's on your mind.
- Put your phone down for a bit. Put on music you love.

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If you're being bullied

- **It's not your fault.** No one deserves it, online or in person.
- **Save proof:** screenshots, dates, names.
- **Block and report** on the app.
- **Tell an adult you trust.** Schools have to take bullying seriously.
- **See it happen to someone?** Don't join in, check on them after, and report it.

If you've lost someone

There's no right way to grieve, and no timeline. Talk about them. Let people help. Nobody Plans On Dying was started by families who lost someone they love, so we get it.

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When it's more than a bad day

- Feelings that last two weeks or more
- Hard to get through school, sleep or eat
- Thinking about hurting yourself

Tell an adult you trust, and call or text 988. You don't have to be in crisis to reach out.

Where to talk, any time

Emergency or overdose

Call 911

Right away. Don't wait.

Feeling hopeless, in crisis, or worried about a friend

Call or text 988

Free, 24/7, private. Also for drugs and alcohol. Chat at 988lifeline.org.

Rather text?

Text HOME to 741741

Crisis Text Line. Free, 24/7.

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Talk to another teen

Teen Line: text TEEN to 839863

Or call 800-852-8336. Teens trained to listen: calls 6–10 pm, texts 6–9 pm (Pacific), every night.

LGBTQ+ and need support

The Trevor Project: 1-866-488-7386

Or text START to 678-678. Free, 24/7.

In San Diego County

Access & Crisis Line: 1-888-724-7240

Free, 24/7, many languages.

Free coaching app

Soluna (ages 13–25)

Free for everyone in California.

Want a mentor?

nobodyplansondying.org

Request a Mentor or Request Support.