

Appendix D

Bullying and Mental Health Support Resources

Resource	Phone number or website
StopBullying.gov <i>Bullying and mental health resources for youth, parents, and educators.</i>	https://www.stopbullying.gov/resources/get-help-now/
National Suicide Prevention Lifeline <i>Free, confidential support to anyone in emotional distress. Available 24/7.</i>	1-800-273-TALK (8255) https://suicidepreventionlifeline.org/
The Trevor Project <i>Suicide prevention hotline and support resources for LGBTQ+ youth. Available 24/7.</i>	1-866-488-7386 https://www.thetrevorproject.org/get-help-now/
MyTransitionPartner.com <i>Online support for transgender people and their families</i>	http://www.mytransitionpartner.com/
Crisis Text Line <i>Crisis counselors available anytime for any type of crisis.</i>	Text CONNECT to 741741 from anywhere in the USA
Psychology Today <i>Mental health therapist locator.</i>	https://www.psychologytoday.com/us/