

Unraveling Crisis Text Services: Perceptions and Experiences among Young Adults with Suicidal Ideation (CONDUIT STUDY)



Crisis/warm lines (open 24/7/365)

Organization	Contact	When to call this number...
Lines for Life	800-273-8255	When you want to talk to someone about suicidal thoughts.
Oregon Behavioral Health Support	800-923-4357	When you want emotional support, mental health triage, drug and alcohol counseling, or just connection with a person who cares. You do NOT need to be in a crisis to contact this line.
Suicide Prevention Lifeline	800-273-8255	When you want to talk to someone about suicidal thoughts.
988	Text any message to 988	When you want to talk to someone about anything you're struggling with.
Crisis Text Line	Text 'HOME' to 741-741	If you want someone to talk to someone anonymously about any mental health issue.
Trevor Project	Text 'START' 678-678	If you identify as LGBTQIA+ and want to talk to someone anonymously about any mental health issue.
Youthline	Text 'TEEN2TEEN' to 839863	If you're most comfortable talking to another teen, from 4 to 10 PM Pacific, they're here to answer and help. The YouthLine offers someone to talk to 24/7 to help you through your feelings and what you're experiencing.

Resources

Name	Details
SUCIDE	
Now Matters Now	A website about coping with suicidal thoughts Dialectical Behavior Therapy (DBT).

Getting Treatment During a Crisis	A website about how different mental health crisis response services work and how to choose which option is best for you.
American Foundation for Suicide Prevention	Resources about suicide research, education, and advocacy.
My Safety Plan	Resources on how to make a safety plan for when you're having suicidal thoughts.
SUPPORTING OTHERS	
Know the Signs	An interactive tool for friends and family to help recognize the signs of suicidal thoughts and phrases for talking to someone about suicide.
BeThe1To	Be the One to Help Save a Life has resources on how to help others thinking of suicide.
Healing Conversations	Connects survivors of suicide loss with peer support volunteers of a similar loss.
LGBTQIA+	
TREVOR space	Connects LGBTQ youth to peer support and community.
National Center for Transgender Equality	Provides information and multi-level resources about transgender people and issues such as healthcare, homelessness, and civil rights.
Coming out Handbook	Helps readers explore their sexual identity and provides tools and questions to help determine what it might be like to share their identity.
MENTAL HEALTH	
HelpGuide	Evidence-based articles, self-help tools, and readings on mental health.
National Association of Eating Disorders	NAED provides a free helpline, online referral database, and free, weekly, therapist-led (virtual and in-person) support groups.
Decatastrophizing	A worksheet that helps you with anxiety and problems by addressing irrational thoughts
The National Center for PTSD	Offers articles about PTSD, how and why it occurs, its symptoms, and ways to cope with it
Black Emotional and Mental Health Collective	A website that offers coping skills and resources to locate therapists or mobile crisis teams
We R Native	Provides comprehensive health resources and information for Native youth, by Native youth. Includes information about culture, environment, mental health, physical health, relationships, life tips, spirituality, wellness, and activism

