

Resources for Teens

[7cups.com](#)

Through anonymous and confidential conversations with a trained active-listeners, 7 Cups provides free, 24/7, anonymous chat and text support.

[Young People in Recovery](#)

Virtual meetings for teens in recovery or needing support for issues related to drug or alcohol use.

[Michigan Stay Well Counseling](#)

Get immediate counseling 24/7 if you're feeling distress. 1-888-535-6135 press option 8 Michigan Crisis Text Line Text RESTORE to 741741

[Michigan State Police - Angel Program](#)

Safely turn in drug paraphernalia and get immediate support without fear of arrest.

[Recovery Dharma](#)

Online Meetings. Our program uses the Buddhist practices of meditation, self-inquiry, wisdom, compassion, and community as tools for recovery and healing.

[Buddhist Recovery Network](#)

Online meetings. The Buddhist Recovery Network promotes the use of Buddhist teachings and practices to help people recover from the suffering caused by addictive behaviors and is open to people of all backgrounds, and respectful of all recovery paths.

[SMART Recovery](#)

meetings are practical, open discussion forums where youth can ask questions, bring up topics, and learn real-world applications for SMART tools. The meetings are facilitated by experienced and compassionate volunteers, who help guide discussion, while providing a safe and welcoming environment for youth to work on recovery. You need to sign up for our Messageboard to get access to the online meetings!

5:00 PM to 6:00 PM [Teen & Youth](#) (Zoom Voice/Video) - Tuesday @ 5:00 PM to 6:00 PM ET - Facilitated by Hammer - VERIFICATIONS PROVIDED PASSWORD required

[Al Anon](#)

Alateen is a place where members come together to share experiences, strength, and hope with each other to find effective ways to cope with problems. Find an [in person](#) or [online meeting](#).

[Turn2Me Support Groups for Young People \(12–17\)](#)

Free! Facilitated by a mental health professional, support groups online are a safe space to connect with others young people and share solutions and coping strategies on a variety of mental health topics.

[National Suicide Prevention Lifeline](#) 800-273-8255

A telephone and online chat service for those in crisis, as well as other mental health resources.

[Substance Abuse and Mental Health Services Administration](#) 877-726-4727

Offers a variety of resources and centers with focuses on suicide, bullying, substance abuse, and homelessness, including LGBTQ- specific services.

[Crisis Text Line](#) Text START to 741-741

This free, confidential, 24/7 hotline is staffed by trained volunteers who will text with you and provide emotional support during times of crisis.

[Addiction Policy Forum Helpline](#)

Alcohol and Drug Helpline (833) 301-HELP

[OK2Talk](#)

Helpline for Teens 1800 273-8255

[Recovery High Schools](#)

Education on recovery for students

[Detroit Wayne Mental Health Authority](#)

Supports for individuals with serious mental illness, children with serious emotional disturbance, people with autism, individuals with intellectual and developmental disabilities and those with substance use disorder.

dba Detroit-Wayne Integrated Health Network wbrooks@dwihn.org

313-344-9099 ext. 3066 Voice

313-224-7000 or 800-241-4949 24-Hour Crisis Line

800-630-1044 TDD/TTY