

Mental Health Resources for Kids and Teens

There is help available for your mental health!

Did you know that 1 in 5 teens struggle with mental health issues?
Suicide is the 2nd leading cause of death in 10-24 year olds.

Mental Health Therapy and Behavioral Health Intervention Services

Lutheran Services in Iowa

There are many office locations throughout Iowa, including Waterloo
Call 1-888-457-4692 for more information or to set up an appointment.

Brownstone Youth Services

319-242-5449

Located at 1402 Logan Ave., Waterloo

This is a facility for Kids/Teens with a mental health crisis. It is not a hospital.

Consider reaching out to a school counselor or trusted teacher if you are having issues with your mental health, friendships, family, or bullying.

Hotlines

When you are having mental health issues, are in a crisis and feel suicidal, or when you just need someone to talk to about mental health struggles.

Call or text 988

LGBTQ+ Resource

The Trevor Project

call 1-866-488-7386 or text 678-678

You can also chat online at www.thetrevorproject.org

Other Resources

www.Stopbullying.gov – information on bullying

www.988lifeline.org – information on ways to take care of yourself and help others

www.Teenline.org - more mental health information for teens