

Choose Your Support Team

Teens and supportive adults | Teens 13+ | 10 to 15 minutes

Identify people and services you could approach for different kinds of help.

You do not have to tell every person everything. A support team can include people who listen, people who help solve problems, and professionals who know what to do when things feel unsafe. Choose support based on how people actually treat you.

Match the person to the need

Think about a friend, relative, coach, school professional, community member, or clinician. Who respects your boundaries? Who follows through? Someone can be good company without being the right person for a serious concern.

Practice the first sentence

Try: "I need someone to listen before giving advice," or "Something is happening that I do not feel safe handling alone." Ask a professional what they can keep private and when they must involve others.

Have a backup

If the first person is unavailable or dismisses you, choose another safe adult or service. In the United States, call or text 988 for a mental health or suicide crisis. For immediate danger or a medical emergency, call 911.

Someone I can approach for listening

Someone who can help with a practical problem

My first sentence and a backup person

How I can reach help if I feel unsafe