

# **Safe Social Spaces: Crisis Intervention for Youth on Social Media**

# YouthLine at Lines for Life

Lines for Life is dedicated to preventing substance abuse and suicide and promoting mental wellness through intervention, prevention, and advocacy.

## YouthLine

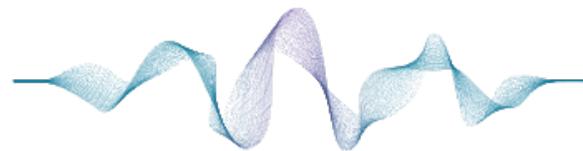
- Help, Support, and Crisis Line
  - Call, Text, Chat, and Email
- Youth Development
  - Training, Mentorship, and Workforce Development
- Education and Outreach
  - Classroom Lessons, Community Events, Materials Distribution, Social Media
- Elevating Youth Voice



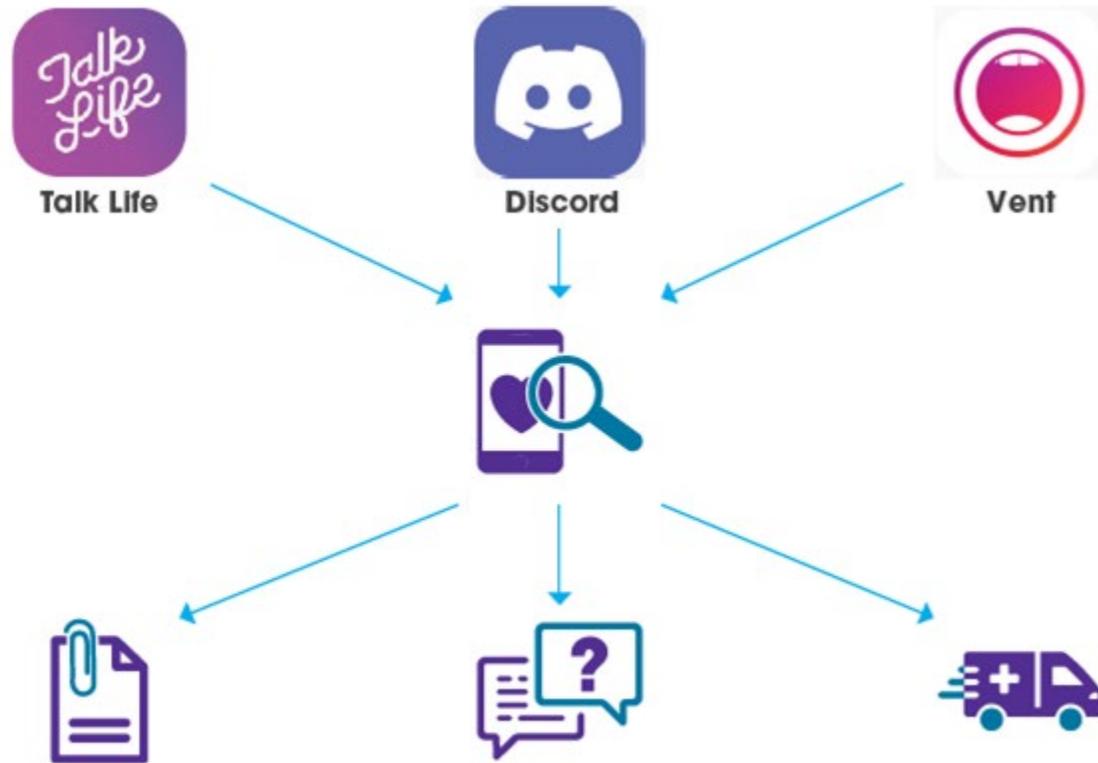
# Meeting teens where they are: Online



- The Pew Research Center reported in 2018 that 95% of teens aged 13 to 17 own a smartphone or have access to one, and **45% say they are online “nearly constantly.”**
- Suicide is one of the leading causes of death in young people.
- While social media can foster community, technology has developed faster than regulations and safety nets.



# Safe Social Spaces



## The Apps We Monitor

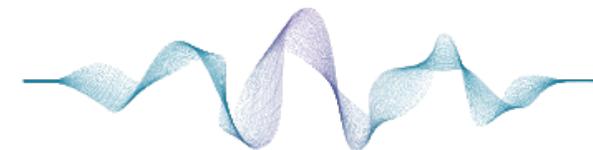
We monitor posts on Amino, Discord, Reddit, TalkLife, Tumblr, and Vent.

## The Monitoring Process

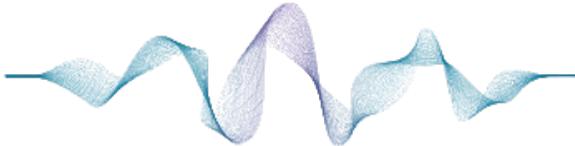
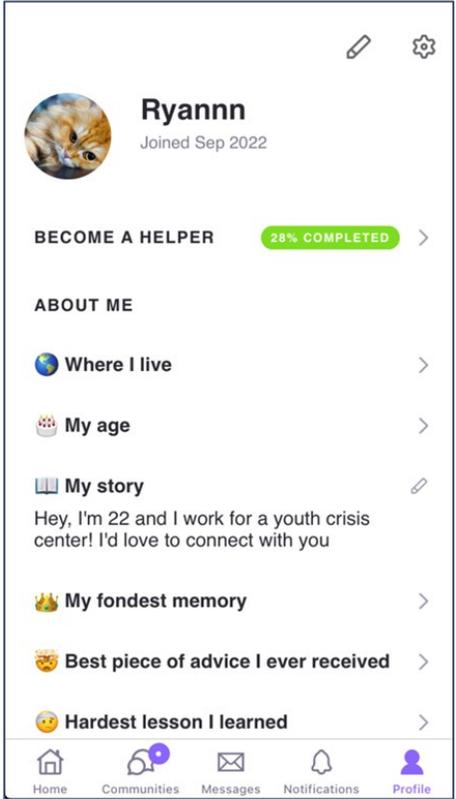
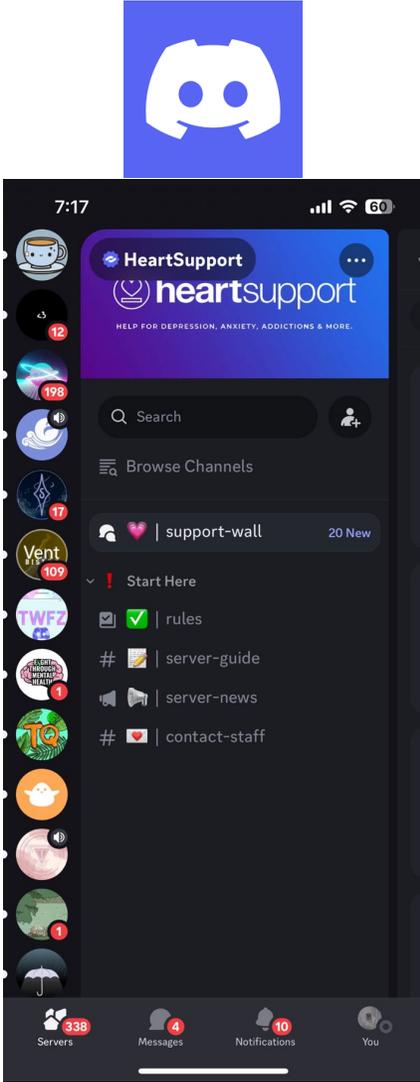
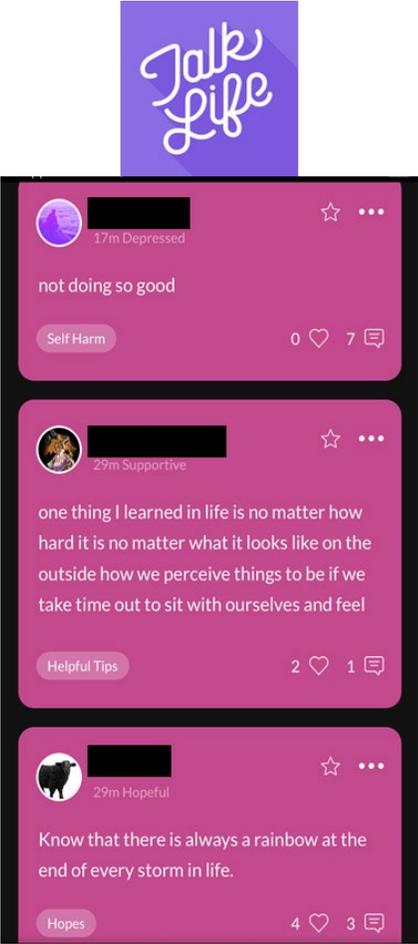
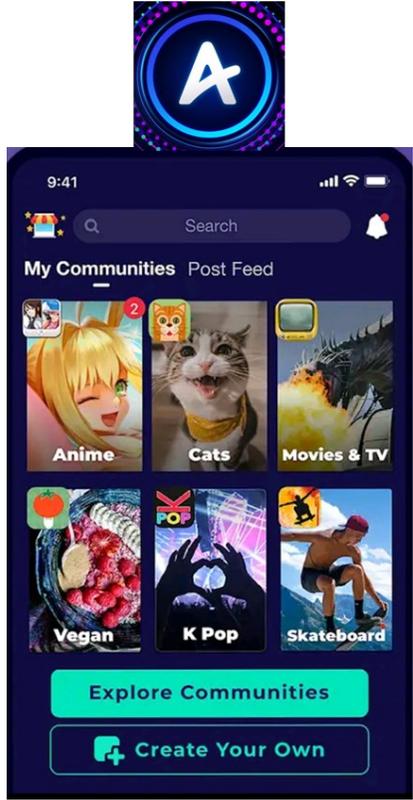
Social Media Crisis Intervention Specialists look for posts by youth discussing suicide or injury, then send direct messages to those youth.

## Encouraging Teens to Get Help

We help in 3 ways: Message-based support and safety planning, Resource referral, and if necessary, Asking apps to send emergency services.



# Safe Social Spaces



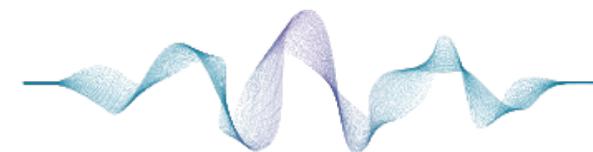
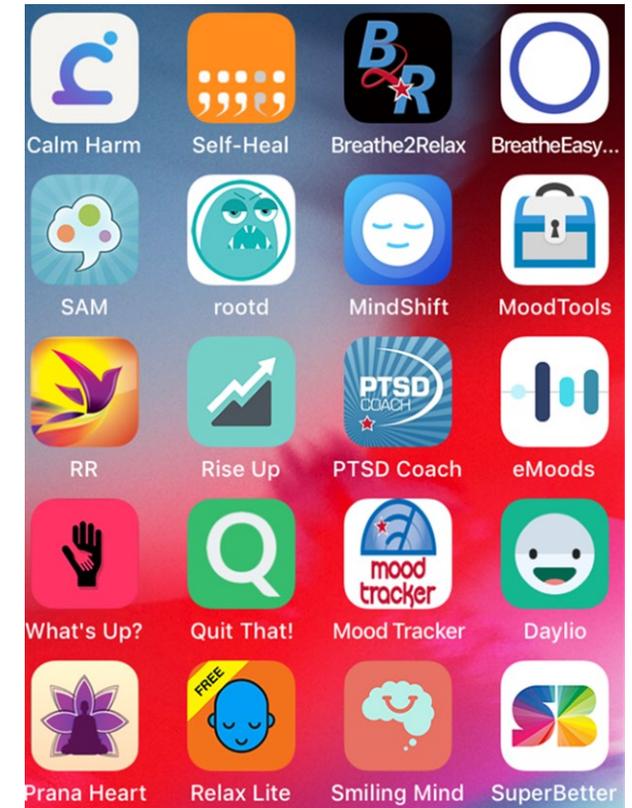
# SSS Resource Referral

## Crisis Lines

- YouthLine
- 988 Lifeline
- National Eating Disorders Association
- National Hotline for Domestic Violence
- SAMHSA Treatment Referral Routing
- The Trevor Project
- Trans Lifeline
- Military Helpline
- Warmline Directory

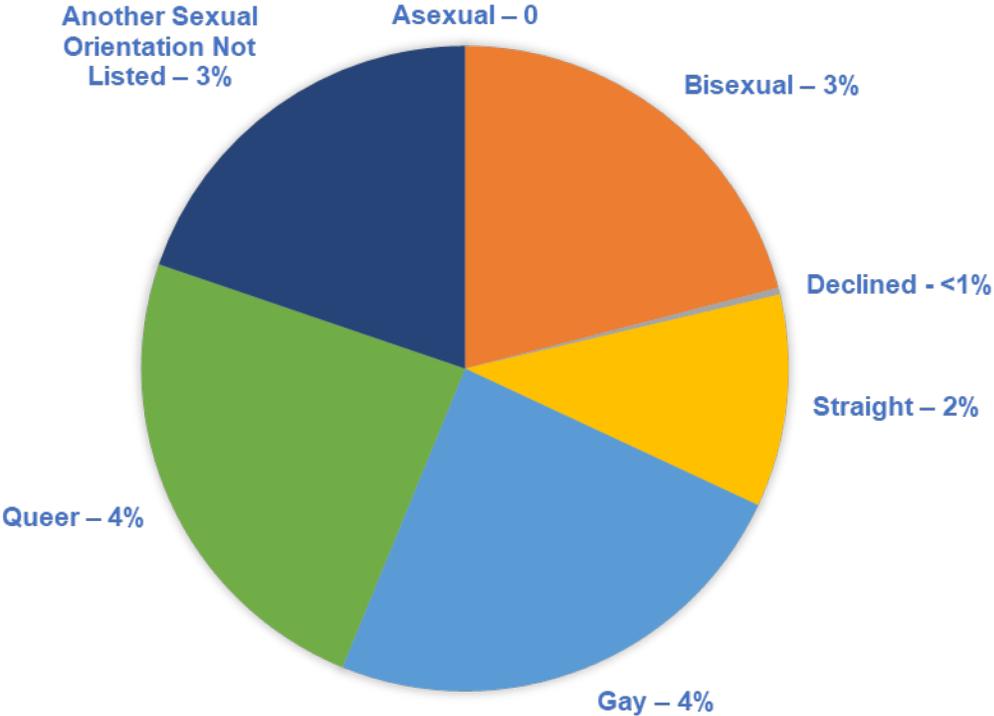
## Websites

- Various coping resources:  
<https://www.vibrant.org/safespace/>
- Sexual health:  
<https://www.plannedparenthood.org/online-tools/chat>
- Helping a friend in need:  
<https://bethere.org/Home>
- Youth drop ins and one-on-ones:  
<https://www.youthera.org/home>
- Grief support:  
<https://www.dougy.org/>
- Learning about healthy relationships:  
<https://www.loveisrespect.org/>
- Talking about suicide online:  
<https://www.orygen.org.au/chatsafe>
- Self-harm:  
<https://www.adolescentselfinjuryfoundation.com/things-to-do-besides-self-harm>
- Interactive art for self-soothing:  
[www.weavesilk.com](http://www.weavesilk.com)
- Body positive articles:  
<https://thebodyisnotanapology.com/>
- Chat for youth older than 18:  
<https://www.imalive.org/>

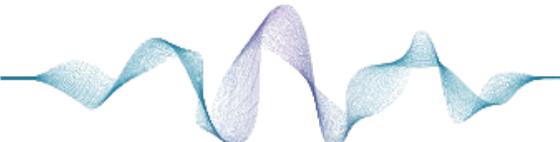
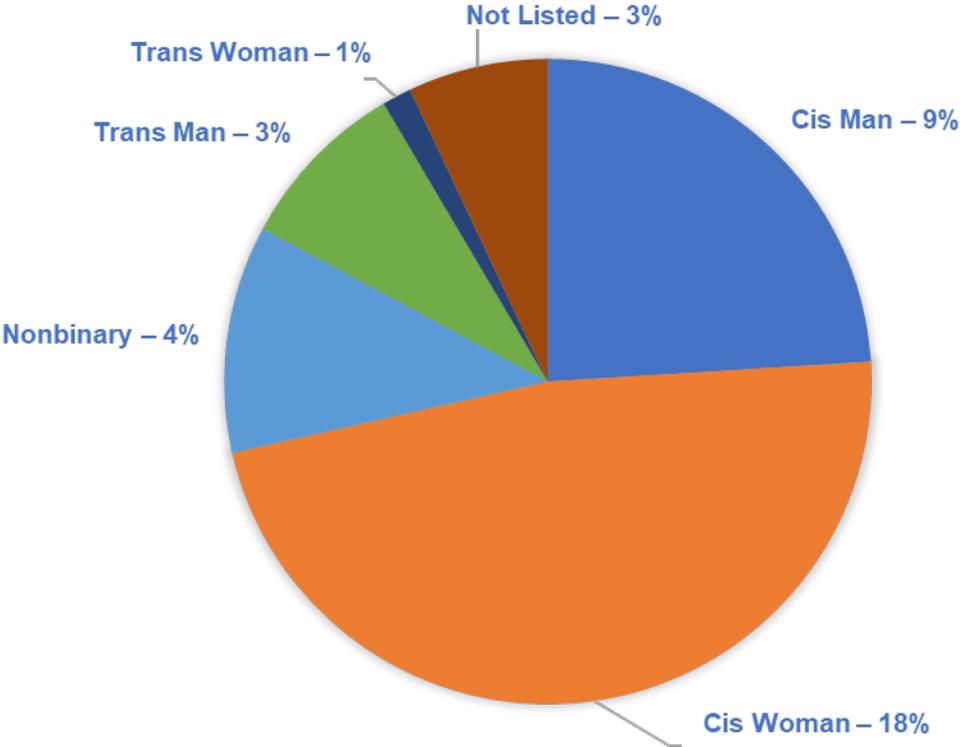


# Supporting Queer and Trans Youth

SEXUAL ORIENTATION



GENDER



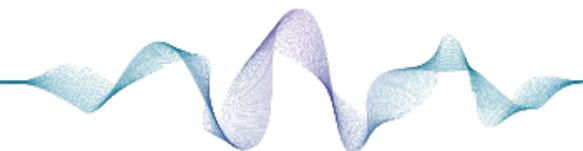
# Questions?

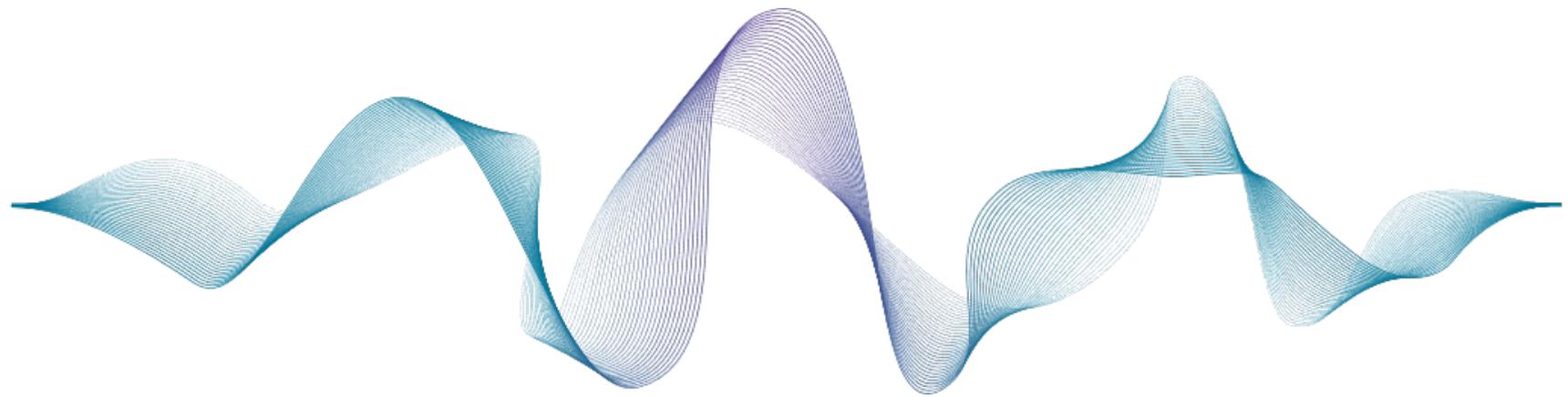
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**Thank You**