



Cadette (Grades 6–8) | Outside the Mirror
Senior (Grades 9–10) | Mind, Body, Me
Ambassador (Grades 11–12) | Cheers for Every Body

Mental Wellness Resources

[NIMH—Child and Adolescent Mental Health](#)

Read about why children's mental health is important, learn to recognize warning signs, and explore additional resources.

[SAMHSA—What Is Mental Health?](#)

Find facts about mental health, learn about mental health conditions, and get tips to help you talk about mental health.

Eating Disorder Resources

[NIMH—Eating Disorders: What You Need to Know](#)

Read about the most common types of eating disorders and who's at risk. Learn to recognize signs and symptoms, and discover how eating disorders are treated.

Get Help During a Crisis

If you or someone you know is struggling with mental health, help is available! Check out these national helplines to find support for yourself, a friend, or a family member during a crisis.

988 Suicide & Crisis Lifeline: Dial 988

The 988 Lifeline provides 24/7, free, and confidential support for people in distress, along with prevention and crisis resources.

SAMHSA's National Helpline: 1-800-662-HELP (4357)

This free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish), from the Substance Abuse and Mental Health Services Administration, assists individuals and families facing mental health crises and/or substance use disorders.

Teen Line: 1-800-TLC-TEEN (1-800-852-8336)

This is a helpline for teens, by teens. Services are available via phone (6:00 – 10:00 p.m. PST) or chat (6:00 – 9:00 p.m. PST). The Teen Line provides support for various issues.

Detailed choice activities, meeting tools, and additional resources and materials can be found within the Volunteer Toolkit [VTK] on my.girlscouts.org

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The resources above are for informational purposes only and are not an attempt by Girl Scouts of the USA ("GSUSA") to practice medicine or to give specific medical advice, including, without limitation, advice concerning the topic of mental health. Therefore, these resources should not replace consultation with your doctor or other qualified health providers and/or specialists. Never disregard, avoid, or delay obtaining advice from your licensed health care provider because of something you have read or experienced through our badges. If you believe you or another individual is suffering a mental health crisis or other medical emergency, contact your doctor immediately, seek medical attention immediately in an emergency room, or call 911.

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