

# Teen health resources guide

## How to evaluate health information

Is the information that you're using trustworthy? The **Trust it or Trash it** website guides you through the questions to ask when evaluating the quality of health information that you find online or in books.

[English](#)

## Getting started

**MedlinePlus** provides information about health topics, drugs and supplements, and more.

[English](#) | [Español](#)

**TeensHealth from Nemours** provides information about healthy living

[English](#) | [Español](#)

Need to talk to someone now? **Teen Line** provides information (see the [Browse Categories section of their website](#)) and text or phone support staffed by teens from 6pm-9pm Pacific Time:

<https://teenlineonline.org/talk-now/>, call or text: 310-855- 4673 or call 1-800-TLC-TEEN

Books:

[\*Positively Teen: a practical guide to a more positive, more confident you\*](#)

## Popular topics:

### Drugs

The website **Drug Facts** provides information about types of drugs, and answers common questions about the effect on your brain and body. Includes images, audio, videos, personal stories, and more.

[English](#) | [Español](#)

### E-Cigarettes, Vaping, and Smoking

What are e-cigarettes and vapes? What are the risks?

[English](#) | [Español](#)

Interested in quitting? Get started with these tips and tools.

[English](#) | [Español](#)

### Mental Health

**MedlinePlus** is a good place to get started with finding information about mental health, including this list of recommended resources for teens about mental health:

[English](#) | [Español](#)

### Anxiety

It's normal to worry, and it's important to recognize when worry becomes overwhelming. Learn about what anxiety is, how it affects you, what causes it, and what to do about it.

[English](#) | [Español](#)

## Depression

Learn about the signs and symptoms of depression, treatment options, and resources for additional support.

[English](#) | [Español](#)

## Stress

It's very common to feel stressed. What is stress, and how can you keep it under control?

[English](#) | [Español](#)

Books: [\*\(Don't\) Call me Crazy: 33 voices to start the conversation about mental health\*](#)  
[\*My Anxious Mind: a teen's guide to managing anxiety and panic\*](#)  
[\*Depression: a teen's guide to survive and thrive\*](#)

## Nutrition & Fitness

**TeensHealth's Nutrition & Fitness Center** provides healthy recipes, exercise tips, and more.

[English](#) | [Español](#)

## Sleep

Most teens need 8-10 hours of sleep each night. Here are some tips for getting a good night's sleep:

[English](#) | [Español](#)

## Sex

**Sex, etc.** is a website created by teens, for teens, and provides information about sex, accessing health clinics, your rights, and more.

[English](#)

Book: [\*Doing It: let's talk about sex\*](#)  
[\*It's Perfectly Normal: changing bodies, growing up, and sexual health\*](#)

## Resources for specific groups:

### LGBTQ

**Gender Spectrum's Teen Resources** website provides information about understanding gender, questions to consider when coming out, knowing your rights, talking with your healthcare provider, and more.

[English](#)

Book: [\*Pride Guide: A Guide to Sexual and Social Health for LGBTQ Youth\*](#) by Jo Langford

### Native American

**We R Native** is a resource created by Native youth, for Native youth. The website includes videos, personal stories, and information about wellbeing.

[English](#)

## Young Men

**The Center for Young Men's Health** provides information for young men about medical conditions, sexual health, nutrition and fitness, and emotional health.

[English](#)

## Young Women

**The Center for Young Women's Health** provides information for young women about medical conditions, gynecology, nutrition and fitness, and emotional health.

[English](#) | [Español](#)