

CLEFT CONNECT CHAT RESOURCE SHEET

Below is a collection of resources you may find helpful as you navigate your journey of living with cleft conditions

National Alliance on Mental Illness

- www.nami.org/help
- Has a help line for teens and young adults: Call 1-800-950-6264, or chat, or text "Friend" to 62640, or email helpline@nami.org

988 Suicide and Crisis Lifeline

- 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the U.S.
- Call or text 988.

Changing Faces

- www.changingfaces.co.uk
- Information for patients, families, professionals, teachers about coping with appearance differences due to any cause.

Stop Bullying

- www.stopbullying.gov/index.html
- Information for patients, families, professionals, and teachers about preventing and addressing bullying.

Association for Behavior and Cognitive Therapies

- www.abct.org

American Psychological Association

- www.apa.org
- www.effectivechildtherapy.com

Anxiety and Depression Association of America

- www.adaa.org

American Academy of Child and Adolescent Psychiatry

- www.aacap.org

WorryWiseKids.org

- worrywisekids.org

AND IF YOU JUST WANT TO TALK TO A FRIEND ...

Reach out to Ethan, an Operation Smile student volunteer and Cleft Connect lead. Ethan's number is 440-867-8144.

SCAN TO READ LEXXI'S STORY



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