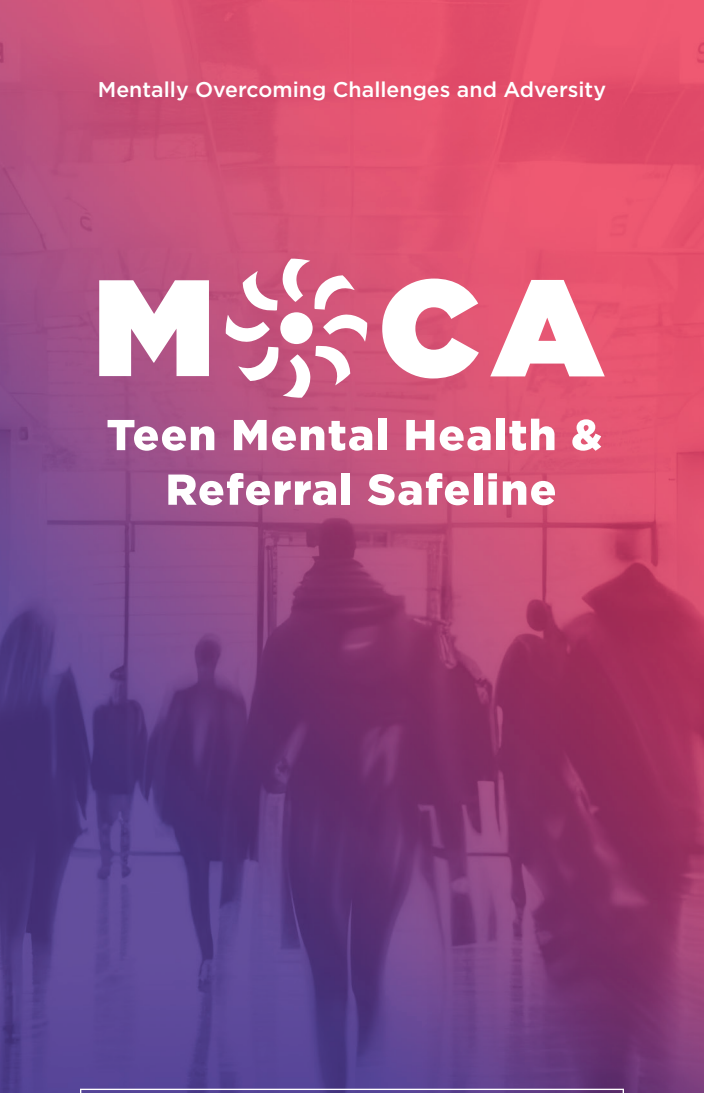
Mentally Overcoming Challenges and Adversity

MOCA

Teen Mental Health & Referral Safeline



Call or text us at
1-888-504-MOCA (6622)

Subscribe to our SMS by
texting **"MOCA"** to **66008**

mocalistens.org

National Runaway Safeline®

MOCA

Teen Mental Health & Referral Safeline

You're not alone – MOCA is a safe space for all youth to talk about mental health challenges and thoughts of suicide.

MOCA provides youth and young adults with

- 24/7 access to support and resource referrals
- Nonjudgemental and anonymous

Support, Safety, and Resources—Anytime You Need Us

- Trained support staff ready to listen and help
- Crisis intervention
- Connection to nationwide resources, including mental health support, and services.

mocalistens.org

National Runaway Safeline®

MOCA is operated by National Runaway Safeline, a national organization with 50 years of experience serving youth experiencing crisis.

nationalrunawaysafeline.org