Mentally Overcoming Challenges and Adversity

# 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.

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

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

Learn more about us at **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**

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