

HELPWV Referrals & Other Numbers for Teens:

1. www.HELP4WV.com run through First Choice
2. Referrals and staff available 24/7 by phone at 1-844-HELP-4WV
3. Referrals by text at 1-844-435-7498
4. Weekly Support Group for anxiety, depression or COVID-related stress.
5. WV211.org has information on local resources
6. 1-800-Gambler