Somethings: Free Mental Health Support for Teens in North Carolina

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Following Hurricane Helene and heading into the holiday season, North Carolina teens are experiencing increased mental health challenges. The 988 Suicide Crisis Lifeline, launched two years ago, has seen significant use by teens aged 12-18, particularly its talk and text features. Recognizing the need for ongoing support, the North Carolina Department of Health and Human Services (NCDHHS) partnered with a digital platform called "Somethings" in October.

"Somethings" is a free, anonymous mental health platform designed for teens aged 13-19. It connects them with certified peer mentors who have overcome similar struggles and are supported by licensed clinical supervisors. The platform provides accessible, stigma-free help to all teens across North Carolina’s 100 counties.

The partnership aims to offer immediate and sustained mental health support, emphasizing the importance of teens’ well-being. State officials hope to expand and continue this initiative long-term.

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