



## 2019-20 Resource Guide

Asking for help is a sign of strength. Help is available.

If you are experiencing a medical emergency,  
please **CALL 911**  
or go directly to your nearest emergency room.

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## Immediate Help and Suicide

If you or someone you know needs immediate help, use one of these 24/7 hotlines for confidential support, counseling and referrals.

**Child Abuse Reporting Line: PA** - 800-932-0313 or **NJ** 877-NJABUSE (652-2873)

### **PA Childline and Abuse Registry:**

<http://www.dhs.pa.gov/provider/childwelfareservices/childlineandabuseregistry/index.htm>

Childline is the 24-hour, anonymous, hotline to call when you suspect child abuse and neglect.

### **Crisis Text Line:** Text 741-741

Text for help with any type of crisis and get 24/7 emotional support and information. A specialist will help you stay safe and healthy with effective, secure counseling and referrals. This is completely confidential.

### **National Suicide Prevention Lifeline:** 800-784-2433 or 800-273-TALK (8255)

Getting help is the answer. Call for confidential 24/7 support if you or someone you know is considering suicide. You can call if you are feeling hopeless or if you are worried about a loved one; and they can guide you on how to get help. You are not alone.

### **Crisis Call Center:** 800-273-8255 or Text "ANSWER"

Call and get connected to a trained counselor at a crisis center in your area, anytime 24/7, for any problem with which you are dealing. If you or someone you know is suicidal, they can help. This service is completely confidential.

### **Domestic Abuse Project:** 610-565-4590

24-hour hotline for victims of domestic abuse. Services include counseling, housing, legal assistance, medical advocacy and 911 cell phone program.

### **LGBTQIA+ Trevor Hotline:** 866-488-7386 <https://www.thetrevorproject.org>

A confidential hotline for lesbian, gay, bi-sexual, transgender and questioning youth. Trained counselors offer support 24/7 if you are feeling suicidal, or need a safe, non-judgmental place to talk. Ask about Trevor Text (Text START to 678678)

### **National Sexual Assault Hotline:** 800-656-HOPE (4673)

A confidential hotline that routes you to a trained sexual assault service provider in your area 24/7. Services include support from a professional, referrals for care, information on laws, local resources and basic information about medical concerns.

### **Veteran's Crisis Line:** 800-784-2433

24/7 confidential support for veterans and those who are concerned about a veteran in their life. Also, chat online or send a text message to 838255 to receive 24-hour help.

**Safe2Say Something PA:** 1-844-Saf2Say or 1-844-723-2729 <https://www.safe2saypa.org>

A Pennsylvania 24/7 anonymous tip line for students and adults to report if they are concerned that an individual may be a threat to themselves or others, including concerns from social media, and to say something before it's too late. The tip line also takes reports of bullying and cyber-bullying. The Crisis Center receives the tip and submits it to the local administration and/or law enforcement for intervention. If more information is needed, the crisis center may contact the tipster anonymously through the app.

## Mobile Crisis

Mobile crisis can come to you in mental health crisis situations. Trained crisis response teams are available 24/7 to help families cope with immediate situations. Support includes telephone counseling, mobile on-site help, referrals to other services, emergency respite and evaluations.

**Bucks County:** 1-877-435-7709

**Delaware County:** 855-889-7827

**Chester County:** 877-918-2100

**Montgomery County:** 888-435-7414

**New Jersey:** 877-652-7624

**Philadelphia County:** 215-685-6440

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## County Directories

Resources relating to substance abuse, mental health, counseling, transition age youth, persons with disabilities, housing, employment, early intervention, and more.

**Bucks County Resource Directory:**

<https://fivecountymh.org/documents/Bucks-County-Resource-Guide.pdf>

**Chester County Community Resource Directory:**

<https://www.referweb.net/chesco/>

**Delaware County Directory of Child Adolescent Mental Health and Drug & Alcohol Services:**

[http://www.delcohsa.org/mh\\_children/childrens\\_directory.pdf](http://www.delcohsa.org/mh_children/childrens_directory.pdf)

**Montgomery County Community Resources and Partners:**

<https://www.montcopa.org/556/Partnerships>

**New Jersey:** <https://www.njmentalhealthcares.org>

**Philadelphia County - CAP4Kids:** <https://cap4kids.org/philadelphia/>

**Philadelphia County - Dial 211:** <http://211sepa.org/>

## Peer Support/Warm Lines

Provides confidential peer support and resource information to proactively support individuals before a crisis develops. (Hours Vary)

**Bucks County Peer Net Program:** 267-507-3990

**Bucks County Warm Line:** 215-896-9717, Monday - Friday, 1pm to 5pm

**Chester County Warm Line:** 866-846-2722,  
Monday - Friday, 2pm to 8pm, Saturday - Sunday 12pm to 6pm

**Delaware County Warm Line:** 855-464-9342,  
Monday to Friday, 6pm to 12am, Saturday - Sunday 1pm to 7pm

**Montgomery County Teen Talk Line:** 866-825-5856 or Text 215-703-8411,  
Monday - Friday, 3pm to 9pm

**Philadelphia Warm Line:** 855-507-9276 or 267-507-3945, Monday - Friday 4pm to 7pm

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## Transition-Aged Youth

Personal support for 16 to 23-year old's, including help with medical services, mental health services, social services, housing, educational and other services.

**Bucks County Now is the Time - Healthy Transitions Partnership:**  
<https://www.mentalhealth4bucksya.com/>

**Delaware County Office of Behavioral Health - Transition Age Youth Division (TAY):** 610-713-2365

**Montgomery County Transition-Age Youth (TAY) Case Management:** 610-272-3042 ext. 6

# Body Image/Eating Disorders

## Hotlines and Services:

**Eating Disorder Hope:** 888-274-7732 <https://www.eatingdisorderhope.com/> Education, support, and inspiration for people with eating disorders and their loved ones. Resources include support groups, recovery tools, articles on eating disorder treatment options, recovery and more.

**National Eating Disorders Association (NEDA):** Text “NEDA” to 741741 or call 800-931-2237  
<https://www.nationaleatingdisorders.org/>

Helpline available Monday to Thursday, 9am to 9pm and Friday, 9am to 5pm. Contact the helpline for support, resources and treatment options for yourself or a loved one. Website has information on eating disorders, risk factors, warning signs, evaluation, diagnosis, treatment, prevention and information on eating disorders in minority groups (males and LGBTQIA+). Lists screenings, treatment centers and support groups.

## Online Resources:

**National Association for Males with Eating Disorders (NAMED):** <https://namedinc.org/> Information and support for males affected by eating disorders.

### **Puberty: Helping your Child Handle the Changes:**

<https://raisingchildren.net.au/teens/development/puberty-sexual-development/puberty-helping-your-child>

Information and support for parents with children handling puberty. It provides the framework for the conversation

**Puberty:** 888-274-7732 <https://www.eatingdisorderhope.com/> Education, support, and inspiration for people with eating disorders and their loved ones. Resources include support groups, recovery tools, articles on eating disorder treatment options, recovery and more.

# Bullying

## Hotlines and Services

**Safe2Say Something PA:** 1-844-Saf2Say or 1-844-723-2729 <https://www.safe2saypa.org>

A Pennsylvania 24/7 anonymous tip line for students and adults to report if they are concerned that an individual may be a threat to themselves or others, including concerns from social media, and to say something before it's too late. The tip line also takes reports of bullying and cyberbullying. The crisis center receives the tip and submits it to the local school administration and/or law enforcement for intervention. If more information is needed, the crisis center may contact the tipster anonymously through the app.

**PA Bullying Prevention Consultation Line:** 1-866-716-0424

A toll-free number that allows individuals experiencing chronic and unresolved bullying to discuss effective strategies and available resources to deal with school-based bullying; available to students, parents/guardians and school districts across the state of Pennsylvania. Messages can be left 24 hours a day, seven days a week, and will be returned Monday.

**Garden State Equality:** 877-NJBULLY (652-8559) or text "njully" to 66746, Monday through Friday 10am to 7pm

**STOMP Out Bullying- Chat Line:** <https://www.stompoutbullying.org/get-help/helpchat-line/>

Available Tuesday - Friday and Sunday nights (hours vary, see website for more details)

A safe place for 13 - 24-year old's to receive help with issues related to bullying and cyberbullying, as well as support youth who may be at risk of suicide.

## Online Resources

**STOMP Out Bullying:** <https://www.stompoutbullying.org/>

Teaches effective solutions for how to respond to all forms of bullying. Provides help for those in need and at risk of suicide, and raises awareness through peer mentoring programs in schools, public service announcements by noted celebrities, and social media campaigns.

**StopBullying.gov:** <https://www.stopbullying.gov/>

Describes what bullying is, helps people identify bullying, prevents bullying and provides information and resources on how to talk about and deal with bullying. Includes information for LGBTQIA+, special needs, religion and diversity bullying.

**The Bully Project:** <http://www.thebullyprojct.com/>

Resources and tools for parents, students, educators and those with special needs including real stories related to bullying.

# Domestic Abuse

## Hotlines and Services

Services for domestic violence and abusive relationships include counseling, prevention education, support groups, legal support, medical advocacy, emergency shelter, empowerment programs, leadership programs and more.

**Bucks County - A Woman's Place:** 800-220-8116

<http://awomansplace.org/>

**Chester County - Domestic Violence Center:** 888-711-6270 or 610-431-1430

<https://www.dvccc.com>

**Delaware County Domestic Abuse Project:** 610-565-4590

**Montgomery County - Laurel House:** 800-642-3150

**Women's Center of Montgomery County:** 800-773-2424

**Philadelphia County - Lutheran Settlement House/Bilingual DV Program:** 866-723-3014

**Philadelphia County - Women Against Abuse, Inc.:** 866-723-3014

**Philadelphia County - Women In Transition:** 866-723-3014

## Online Resources:

**Domestic Shelters:** <https://www.domesticshelters.org>

Offers search engine that allows you to search by location for hotlines and shelters. Information on what qualifies as abuse, why abuse occurs, answers to common questions about abusive situations and how to get out of abuse.

**Women's Law:** <https://www.womenslaw.org>

State specific legal information and resources for survivors of domestic abuse as well as general information about abuse including the different types of abuse, abuse in various communities and workplace abuse. There is also a state-by-state search engine to find help and resources for those who are interested in helping those being abused.



# Drugs, Alcohol and Other Substances

## Hotlines and Services

Call for confidential information and questions about drug and alcohol problems. They can help with referrals for evaluation, counseling, support services, outpatient and in-patient treatment.

**Bucks County - The Council of Southeast Pennsylvania, Inc.:** 800-221-6333

**Chester County Drug and Alcohol Information Line:** 866-286-3767

**Delaware County Crisis Connections Team:** 855-889-7827

**Montgomery County Children's Crisis Support:** 888-435-7414 or 888-HELP-414

**Philadelphia Office of Addiction Services:** 215-685-5404

**PA Get Help Now:** 24/7 Hotline 1-800-662-4357 or 1-800-662-HELP

**Substance Abuse and Mental Health Services (SAMHSA):** 800-662-HELP (4357)

**AlAnon and AlaTeen (Philadelphia):** 215-222-5244 <http://www.aisdv.org>

Provides help to families and friends of alcoholics in the Philadelphia area by offering experience, strength and hope through online resources and in person meetings.

**Alcoholics Anonymous (AA):** 215-923-7900 <https://www.aasepia.org>

Find information about local recovery meetings, support and the disease of alcoholism.

**Be Part of the Conversation:** 267-629-2214 <http://conversation.zone>

Weekly parent meetings, information and resources for support and treatment programs, recovery and sober housing and additional information on alcohol and drug use. Informed family series with keynote speakers on tough topics.

**Center for Families:** 610-228-0670 <https://www.centerforfamilies.com>

Weekly, free support groups for parents of children struggling with substance use and related disorders and parents of children in treatment, therapy and recovery.

**Narcotics Anonymous (NA):** 215-745-9494 <http://naworks.org>

A national program that provides support through regular meetings to those who have a desire to recover from a drug use issue.

**Partnership for Drug Free Kids - Helpline for Parents:** 855-378-4373 <https://drugfree.org>

Free confidential conversations with trained counselors for support and guidance with a child's alcohol or drug use. Helpline also offers parent coaching from trained volunteers who have lived experience with their own children, Helpline is available Monday - Friday, 9am to 5pm ET.

**SpeakUp! Network of Professionals:** 610-519-9600 [abernicker@speakup.org](mailto:abernicker@speakup.org)

For additional information, support and referrals to our network of professionals, please contact Ann Bernicker, SpeakUp! Program Director.

## **Online Resources:**

**Center for Addiction - Expert Views E-Cigarettes (Vaping):**

<https://www.centeronaddiction.org/e-cigarettes>

E-cigarettes, recreational vaping and tobacco replacement information. Learn what vaping is, its effects, its varying devices and information on vaping marijuana.

**Foundation for a Drug Free World:** <http://www.drugfreeworld.org>

View videos and read articles describing different drugs and identifying their harmful effects. Substance users provide testimonials about the effects of their drug use. Prevention informational kits and a free DVD are available for educators and professional use.

**National Institute on Drug Abuse (NIDA) for Teens:** <https://teens.drugabuse.gov>

Learn how to determine whether you or a loved one has a drug or alcohol problem and how and where to get help when necessary.

**Partnership for Drug Free Kids:** <https://drugfree.org>

Helps families struggling with their son or daughter's substance use. Empower families with information, support and guidance to get the help their loved one needs and deserves.

**Talk with Your Teen About E-Cigarettes: A Tip Sheet for Parents:**

[https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipSheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf)

Learn what you should know before you talk to your child, how to start the conversation, how to answer their questions and to keep the conversation going.

**Treatment eBook:** <https://drugfree.org/download/treatment-ebook>

Learn what drug and alcohol treatment entails, how to pay for it, how to get your child to start and what you can do to help your family cope with challenges.

## **Educator/Coach Relationships**

### **Online Resources:**

#### **Change Kids Lives - Difficult Conversations with Parents for Teachers:**

<http://www.changekidslives.org/words-7>

Tips on how to prepare, set the tone up front and use your words to achieve the best resolution.

#### **National Education Association - Tips for Better Relationships with Your Students**

<http://www.nea.org/tools/51057.htm> and **Building Relationships with Students:**

<http://www.nea.org/tools/29469.htm>

Provides effective approaches for educators to build strong relationships with students that will make them more comfortable and willing to speak up.

#### **Responsive Classrooms:** <https://www.responsiveclassroom.org/category/families>

Contain articles dealing with how to build relationships with parents, how to talk to them about problems and get the most out of your meetings, how to remove barriers, culture inclusivity and much more.

#### **U.S. Department of Education - Working with Teachers and Schools:**

<https://ed.gov/parents/academic/help/succeed/part8.html>

Advises parents on when and how to talk to their child's teacher, how to stay involved in the school community, and what to do if you disagree with the teacher.

## Grief Services

### Hotlines and Services:

Support services for those who are experiencing grief and/or loss.

**Uplift Center for Grieving Children:** 267-437-3123 <http://grievingchildren.org>

Coordinate peer support groups, in multiple locations in the community, schools, and organizations in Philadelphia for children and teens ages 5 - 18, who have experienced the death of someone significant in their lives. Caregiver groups provide support for adults raising a grieving child. All programs are free of charge.

**Peter's Place:** 610-687-5150 <http://petersplaceonline.org>

A center for grieving children, teens and adults offering information and a variety of support groups in the community, in schools and online.

**Anti-Violence Partnership of Philadelphia:** 215-567-6776 <http://avpphila.org>

Provides professional counseling to adult and child, co-victims of homicide and victims of other forms of violence in two locations in Philadelphia and individual therapy and bereavement groups in schools. All programs are free of charge.

**National Alliance for Grieving Children:** <https://childrengrieve.org/find-support>

Compilation of grief support services listed by state

### Online Resources:

**What's Your Grief:** <https://whatsyourgrief.com>

Provides information on the different types of grief and loss, coping skills, locating resources and finding support. Information on how to support someone who is grieving and resources for professionals are available.

## LGBTQIA+

### **Hotlines and Services:**

Safe, local resources and services for those in the LGBTQIA+ community and their allies.

**Main Line Youth Alliance:** <http://www.myaonline.org>

Provides LGBTQIA+ and straight youth with social, educational and supportive activities in a confidential, respectful and safe environment. MYA programs encourage healthy relationships with peers, family and community.

**Mazzoni Center:** <https://www.mazzonicenter.org/youth>

Programs and services promoting physical and emotional health are provided for the LGBTQIA+ youth. Youth drop-in clinic and comprehensive transgender services; clinical, prevention and education teams work with youth on-site, in schools and in community centers. Training and assistance are available for parents, teachers and service providers.

**The Attic Youth Center:** <https://www.atticyouthcenter.org>

Provides programming on life skills, mental health counseling and supportive services, social activities, community building, summer internship program and more. The Bryson Institute offers educational training on the best practices for working with LGBTQIA+ youth.

**PRYSM Youth Center of Delaware County:** 610-357-9948 [info@prysmyouthcenter.org](mailto:info@prysmyouthcenter.org)

Provides LGBTQIA+ youth and their straight allies with a safe, supportive environment where they can meet regularly and be themselves. The center facilitates social, educational, and supportive activities as well as opportunities for activism, outreach and leadership development.

**PFLAG:** 215-572-1833 <http://www.pflagphila.org>

Support, information, tools and resources are provided for people who are LGBTQIA+ and their families, friends and allies.

**Planned Parenthood LGBTQ Services:** Chat online, text "PPNOW" to 774636 or call 800-230-7526 <https://www.plannedparenthood.org/learn/sexual-orientation-gender>  
Provides education on LGBTQ health services, support groups and service referrals.

**Trevor Lifeline:** 866-488-7386 Chat online with Trevor 3pm -10pm or text "START" to 678678  
A confidential hotline for LGBTQ youth. Trained counselors offer support 24/7 if you are feeling suicidal, or need a safe, non-judgmental place to talk.

## **Online Resources:**

**The Trevor Project:** <http://www.thetrevorproject.org>

Printable, interactive guide on coming out, helps to establish your identity, share it with the people in your life and care for self throughout the process.

**National Alliance on Mental Health:** Text “NAMI” to 741741 or call 800-950-6264

<https://www.nami.org/Find-support/LGBTQ>

Outlines the specific issues the LGBTQIA+ face regarding mental health as well as support and health provider resources.

**Safe Teens:** [www.safeteens.org](http://www.safeteens.org)

Information provided is on teen pregnancy, STDs, safe sex, relationships, and LBTQIA+ issues.

# Mental Health

## **Hotlines and Services:**

If you or a loved one is experiencing a mental health crisis, call one of these confidential hotlines for telephone counseling, mobile support that comes to you, helpful strategies for reducing crisis and referrals to other services if needed.

**Bucks County Suicide and Crisis Intervention Services:** 800-499-7455

**Chester County - Valley Creek Crisis Center:** 877-918-2100

**Delaware County Crisis Connections Team:** 855-889-7827

**Montgomery County Children's Crisis Support:** 888-435-7414

**Philadelphia County - Einstein Crisis Response Center:** 215-951-8300

**Substance Abuse and Mental Health Services Administration (SAMHSA):** 800-662-4357

**National Alliance on Mental Health (NAMI):** Text "NAMI" to 741741 or call 800-950-6264

**Delaware County Surrounding Area:** 267-251-6240 <https://namipamainline.org>

**Philadelphia:** 267-687-4381 <http://www.nami.org>

Toll free helplines provide free referrals, information and support. There is a national mental health education support and advocacy organization with local chapters.

**SpeakUp! Network of Professionals:** 610-519-9600 [abernicker@speakup.org](mailto:abernicker@speakup.org) For additional information, support and referrals to our network of professionals, please contact Ann Bernicker, Program Director.

**Center for Families:** 619-228-0670 <https://www.centerforfamilies.com>

Free weekly, peer support, education, assessments and clinical counseling for mental health issues. Support groups include information on mental health, emotional/behavioral issues, self-harm, coping skills, family healing and mutual support.

## **Online Resources:**

**Half of Us:** <http://www.halfofus.com>

Suggestions for dealing with mental health issues such as feeling angry, hopeless, lonely or stressed. Facts about addiction, anxiety, bipolar disorder, depression, eating disorders, suicidal behavior and self-injury. Information on topics such as how to help a friend, dealing with money, body image, break ups, online drama, loss, etc.

**Jed Foundation:** <https://www.jedfoundation.org>

Dedicated to protecting emotional health and preventing suicide by empowering teens and young adults with skills and support to grow into healthy, thriving adults. Includes information for teens, young adults, parents, community members, schools and colleges/universities. Provides specific suggestions for teens who are worried about themselves or others as well as information about specific mental health issues and specific steps to improve emotional wellness. Check out their signature programs for online. Jed Foundation provides high schools and college/universities with information and resources to evaluate and strengthen mental health, substance abuse and suicide prevention programming and supports.

**Healthy Minds Philly - Check-Up from the Neck Up:**

<http://healthymindsphilly.org/en/screening>

Online wellness screening and resource information, videos and articles to improve well-being and mental health.

**How to Pick a Therapist and Get the Most from Therapy:** <https://helpguide.org/articles/mental-health/finding-a-therapist-who-can-help-you-heal.htm>

Information on different types of therapy and therapists, what to expect, how to make the most of your therapy, how to tell if therapy is working for you, what to do if it's not, and advice on paying for therapy.

**Preparing Your Teen to Seek Professional Help:** <https://parentandteen.com/seek-professional-help/>

Information on how to talk to your teen about seeking professional help including approaching your child, focusing on strengths, and explaining that professional treatment can work and the role a professional can play in feeling better.

**National Alliance on Mental Health (NAMI):** Text "NAMI" to 741741 or call 800-950-6264

Delaware County and Surrounding Area: 267-251-6240 <https://namipamainlinepa.org>

Philadelphia: 267-687-4381 <http://www.nami.org>

**Online Mental Health Screening Tool (Mental Health America):**

<http://www.mentalhealthamerica.net/mental-health-screening-tools>

Comprehensive resource for symptoms, treatments, starting conversations about mental health concerns, and information about where to go and what to do.

**Child Mind - Parent Guide for Getting Good Care:**

<https://childmind.org/guide/parents-guide-getting-good-care-2>

Guidebook explains what to do if you think your child may need help, where to seek help, types of treatment professionals, types of treatment, and what every parent should know about how to get quality care for their child.

**SpeakUp! Network of Professionals:** 610-519-9600 [abernicker@speakup.org](mailto:abernicker@speakup.org)

Consider getting expert advice and support for your concern. Contact Ann Bernicker for referrals to SpeakUp!'s network of professionals.

**Youth Mental Health First Aid:** <https://www.mentalhealthfirstaid.org>

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders in youth.

**81 Awesome Tips When You Cannot Afford Therapy:** <http://greatist.com/grow/resources-when-you-can-not-afford-therapy>

Alternative therapy resources including apps, websites/online forums and support groups that can be used in place of therapy.



# Parent-Teen Relationships and Communication

## **Online Resources:**

**Aha! Parenting.com:** <http://www.ahaparenting.com/ages-stages/teenagers>

Information about positive parenting including how to stay connected and how to talk about tough subjects with your child.

**Kids in the House:** <http://www.kidsinthehouse.com/teenager>

Short, informative videos to guide parenting related to all subjects - teen social lives, activities, sexuality and body image, parent/teen relationships, substance use, technology, video games, responsibilities, bullying, health and development and much more,

**Center for Parent and Teen Communication:** <https://parentandteen.com>

Information, videos and plans developed to strengthen family relationships and build youth with character strengths that will prepare them for healthy, successful and meaningful lives. Includes information on youth growth and development, communication strategies, building character, health and prevention and a section for teens. Also includes a Self-Care Plan for parents and a Stress Management Plan for teens.

**Fostering Resilience:** <http://www.fosteringresilience.com>

Essential information and videos about learning how to build resilience, let go with love and confidence and raise your kids to thrive. Information targets teens dealing with stress and parents and professionals who want to help build resilience in the teens in their lives.

# Sexual Assault/Rape

## Hotlines and Services:

Free, 24/7 confidential support services for victims of sexual assault and other crimes.

**National Sexual Assault Hotline:** 800-656-4673

**Bucks County Network of Victim Assistance:** 800-675-6900

**Chester County - Crime Victims Center/Rape Crisis Council:** 610-692-7273 or 610-692-7420

**Delaware County - Women Against Rape:** 610-566-4342

**Montgomery County - Victims Services Center:** 610-277-5200 or 888-521-0983

**Philadelphia County - Women Organized Against Rape (WOAR):** 215-985-3333

## Online Resources:

**RAINN:** <https://www.rainn.org/about-sexual-assault>

Information on sexual assault, rape and sexual abuse by family members including what it is, how to prevent it, what to do after you have experienced any of these and what the legal definitions are state by state and the consequences for the perpetrators.

**WOAR:** <https://www.woar.org>

Help and resources regarding sexual assault including counseling, support for parents with children who were sexually assaulted, support for friends and loved ones, counseling services, legal information and more.

# Sex/Relationships

## **Hotlines and Services:**

Information on general sex questions, STDs/STIs, pregnancy, domestic and dating violence, counseling, education and referrals.

**AIDS Fact Line in PA:** 800-662-6080

Provides confidential counseling, education and referrals regarding HIV/AIDS. Includes information on testing, transmission and medical care for people living with HIV/AIDS.

**Council for Relationships:** <http://councilforrelationships.org/about-us/therapists>

Search for a local therapist by specialty area and location for family, couples or individual counseling that can be offered on a sliding fee scale.

**LoveIsRespect:** Text "LOVEIS" to 22522 or call 86-331-9474

<http://www.loveisrespect.org>

Text and call lines available for teens and concerned parents, educators, friends and law enforcement. Provides comprehensive education on healthy, unhealthy and abusive dating relationships and behaviors in a safe, inclusive space.

## **Online Resources:**

**Advocates for Youth:** <http://www.advocatesforyouth.org>

Information for parents to talk about sex with teens and children and resources to help start conversations or answer questions.

**Love Matters:** <https://lovematters.in/en>

Information on dating violence, recognizing the warning signs of an abusive relationship, understanding what a healthy relationship is and resources for teens in abusive relationships. A space to talk and ask questions openly and honestly about love, sex and relationships for young adults around the world.

**Sex, Etc.:** <https://sexetc.org>

Sexual health information for teens about sex, relationships, pregnancy STDs, birth control, sexual orientation and more.

**Safe Teens:** [www.safeteens.org](http://www.safeteens.org)

Information on teen pregnancy, STDs, safe sex, relationships and LGBTQ issues.

**Ted Talk - Sex Needs a New Metaphor:**

[https://www.ted.com/talks/al\\_ernacchio\\_sex\\_needs\\_a\\_new\\_metaphor\\_here\\_s\\_one/discussion](https://www.ted.com/talks/al_ernacchio_sex_needs_a_new_metaphor_here_s_one/discussion)

A Ted Talk video by Al Vernacchio about the stigma surrounding talking about sex and changing the conversation to be more inclusive and positive.

# Stress and Mindfulness

## Online Resources:

**Helping Teens Learn to Cope:** <https://parentandteen.com/category/helping-teens-cope>

Information for parents on how to support your teen in developing positive coping strategies for hardships and stress in life. Includes information on strengthening relationships, building coping skills and creating a stress management plan.

**Create a Personal Stress-Management Plan:**

<https://parentandteen.com/managing-stress-coping-with-challenges>

[http://www.fosteringresilience.com/stress\\_management\\_plan.php](http://www.fosteringresilience.com/stress_management_plan.php)

10-point plan that you can personalize to help you manage stress by tackling the problem, taking care of your body, dealing with emotions and making the world better.

**Mindfulness for Teens:** <http://mindfulnessforteens.com>

Information, tools and resources to help you get started on incorporating mindfulness activities in your daily life.

**Stressed Teens:** <http://www.stressedteens.com>

Teaches mindfulness skills and provides tools for those in their pre-teen years through latter adolescence.

# Social Media

## **Online Resources:**

### **Connect Safely - Tips for Dealing with Teen Sexting:**

<http://www.connectsafely.org/tips-for-dealing-with-teen-sexting>

Explains what sexting is, the causes and consequences and tips for parents and teens to deal with sexting.

### **Digital Responsibility - Health and Technology:**

<http://www.digitalresponsibility.org/health-and-technology>

Articles about how technology, social media and mental health relate. Information on psychological issues such as expectation of instant gratification, narcissism, distraction and cognitive losses. Also, articles regarding social issues such as social skills, isolation and depression and physical health issues that arise from prolonged technology use.

### **Protect Young Eyes: <https://protectyoungeyes.com>**

Explains numerous social media apps currently used by youth and what the associated risks are. Guides on how to install filters and parental controls on most devices.

### **Protect Young Eyes - Finsta and Spam Accounts:**

<https://protectyoungeyes.com/finsta-spam-accounts-instagram>

Dedicated to what finsta and spam accounts are, and the risks associated with them. It also provides information for parents on how to detect a finsta or spam account and solutions.

## Teen Friendships

### Online Resources:

**Helping Teens Deal with Cliques:** <http://kidshealth.org/en/teens/cliques.html>

Information on how to distinguish between healthy friendships and cliques, explains the harmful effects of being in a clique or that cliques can have on others and what you can do if you are in a clique.

**NAMI - How to Help a Friend:** Text “NAMI” to 741741 or call 800-950-6264

<http://www.nami.org/Find-Support/Teens-Young-Adults/How-to-Help-a-Friend>

Provides information on how to identify if there is something wrong with a friend and how to get and give them the help and support they need to feel better.

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## Transition from High School To College and/or Careers

**The JED Foundation:** <https://www.jedfoundation.org>

Dedicated to protecting emotional health and preventing suicide by empowering teens and young adults with skills and support to grow into healthy, thriving adults. Includes information for teens, young adults, parents, community members, schools and colleges/universities. Provides specific suggestions for teens who are worried about themselves or others as well as information about specific mental health issues and specific steps to improve emotional wellness.

**Set To Go:** <https://www.settogo.org> and <https://jedfoundation.org>

Provides information for students, families and high school educators about the social, emotional and mental health challenges related to the transition out of high school to college or straight to careers. Offers specific information, tools and guidance on college selection including a “Right Fit” Tool, planning for your mental health care, managing stress, strengthening life skills, mental health and substance abuse and making transition.

**ULifeLine:** <http://www.ulifeline.org> and <https://www.jedfoundation.org>

A mental health resource center that offers college students information about mental health issues and resources on their college campuses. It also offers a confidential mental health screening tool.

## More on Tough Topics

### Online Resources:

These are sources that provide information on a variety of topics.

#### **Center for Young Women's Health and Young Men's Health:**

[www.youngwomenshealth.org](http://www.youngwomenshealth.org)

[www.youngmenshealthsite.org](http://www.youngmenshealthsite.org)

A series of guides on emotional health including anxiety, depression, bullying and eating disorders.

#### **KidsHealth.Org - Teen Health:** <http://kidshealth.org/en/teens>

Information on health behaviors like cutting, over-exercise, stealing, bullying and much more. Comprehensive information on how to identify a problem and strategies to get help.

#### **Kids in the House:** <http://www.kidsinthehouse.com/teenager>

Short informative videos to guide parenting on all subjects - teen social lives, activities, sexuality and body image, parent/teen relationships, substance use, technology, video games, responsibilities, bullying, health and development ad much more.

#### **NotMYKid:** <http://notmykid.org/youth-challenges>

Online guide for quick facts, signs, symptoms and parent guides for topics including drug and/or alcohol abuse, bullying, unhealthy relationships, eating disorders, depression, self injury and internet safety. Emergency hotline and topic specific hotlines available.

#### **Aunt Bertha:** <https://www.auntbertha.com>

Search for free or reduced cost services like medical care, food, job training, and more.

## Disclaimer:

Being included in SpeakUp!'s list of resources is not an endorsement and SpeakUp! Is not responsible for the content of or services provided by any of these listings. We are constantly researching resources and services to make it easier to continue to talk about tough topics in a way that strengthens relationships and leads to guidance and support. If you have a suggestion for our list, please email Ann Bernicker at [abernicker@speakup.org](mailto:abernicker@speakup.org)