

TEEN RESOURCE GUIDE

GUIA DE RECURSOS PARA ADOLESCENTES

Have questions? Looking for more information? Here are a few places where you can go to learn more

¿Tienes preguntas? ¿Buscas más información? Aquí encontraras algunos lugares donde podrás ir y aprender aún más

Resource and Advice Helpline (For Teens from Other Teens)

*Línea de Ayuda con Recursos y Consejería
(Para Adolescentes de parte de Otros
Adolescentes)*

TeenLine (8pm-12am)
Phone Number: 310-855-4673
Text "TEEN" to 839863
www.teenlineonline.org

Warm Line: Peer and Family Support
Phone Number: 1-866-359-7953

Dating/Domestic Violence

Noviazgo/Violencia Domestica

**National Teen Dating Abuse Hotline:
Love is Respect**
Phone Number: 1-866-331-9474
Text "LOVEIS" to 22522
www.loveisrespect.org

National Domestic Violence Hotline
Phone Number: 1-800-799-SAFE (7233)

My-Plan App
iPhone: Heath & Fitness
Android: Mongoose Projects

Digital Abuse Info
www.thatsnotcool.com

One Love Foundation
www.joinonelove.org

School Resources

Recursos Escolares

Ask Rose Homework Help
Sun-Thurs 6-9pm
Phone Number: 1-877-ASK-ROSE (275-7673)

Stomp Out Bullying Hotline
Phone Number: 1-877-602-8559

Health

La Salud

National Eating Disorder Association (NEDA)
Phone Number: 1-800-931-2237
Text "NEDA" to 741741

**Access Community Health Network
(ACCESS)**
Phone Number: 312-526-2200
www.freeclinicdirectory.org

Planned Parenthood
Phone Number: 312-592-6800
www.plannedparenthood.org

Scarleteen
Free text question line: 206-866-2279
www.scarleteen.com

Erie Teen Center
www.riefamilyhealth.org

ICAH (Illinois Caucus for Adolescent Health)
Website: www.icaah.org

LGBTQ+ Youth

LGBTQ+ para Jóvenes

GLBT National Youth Talkline
Phone Number: 1-800-246-PRIDE (7743)

Trans Lifeline
Hotline Number: 1-877-565-8860

Gangs

Pandillas

BUILD, Inc.
Phone Number: 773-227-2880
Website: www.buildchicago.org

Child Abuse

Abuso de Niños (menores)

Illinois Child Abuse and Neglect Hotline
Phone Number: 1-800-252-2873

Chicago Children's Advocacy Center
Phone Number: 312-492-3700

Runaway/Homeless

Te Fuiste de Casa/Sin Hogar

National Runaway Switchboard
Phone Number: 1-800-293-2080

Open Door Youth Emergency Shelter
Phone Number: 1-877-286-2523

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Crisis, Abuse, & Counseling

Línea de Crisis y Consejería

National Suicide Hotline

Phone Number: 1-800-SUICIDE (784-2433)

Chicago Rape Crisis Hotline

Phone Number: 1-888-293-2080

RAINN (Rape, Abuse, Incest National Network)

Phone Number: 1-800-656 (HOPE) 4673
www.rainn.org

Resilience Chicago

Phone: 312-443-9603
www.ourresilience.org

Crisis Text Line

Text "Home" to 741-741
Social Media @CrisisTextLine

Substance Abuse & Youth Services

Abuso de Sustancias

SAMHA (Substance Abuse & Mental Health)

Phone Number: 1-800-662-HELP (4357)

National Drug/Alcohol Hotline

Phone Number: 1-844-289-0879
www.drughelpline.org

Youth Outreach Services (YOS)

Phone Number: 773-777-7112

UCAN Chicago

Chicago West Phone Number: 773-309-6040

If you or someone you know is considering suicide, there are many ways to get help.

- Call **988** to speak with a crisis counselor on the National Suicide Prevention Lifeline
- Find helpful, teen-centered information at www.yourlifeyourvoice.org
- Talk to your school counselor and/or reach out to a trusted adult
- Report suicidal behavior on any social networking site such as Facebook, YouTube, Instagram, etc.

EVERY suicide warning sign should be taken seriously

Si tú o alguien conocido está considerando suicidio, hay muchas maneras de ayudar.

- Llama al **988** siguiente Sustento Nacional de Prevención al Suicidio para hablar con una consejera de crisis.
- Encuentra información útil centrada en adolescente www.yourlifeyourvoice.org
- Habla con tu consejero escolar y/o contacta a un adulto de confianza
- Reporte comportamientos suicidios en cualquier red social como Facebook, YouTube, Instagram, etc.

CADA aviso de suicidio debe ser tomado en serio

Warning Signs Include:

- Change in mood: sadness, anxiety, irritability
- Change in behavior: isolation, giving away possessions
- Change in sleep or appetite
- Increase in aggression or impulsiveness, agitation
- Saying things like "No one will miss me" or "You'll be better off" (feeling like a burden)
- Feeling ashamed or humiliated or desperation, as after a break up or test; feeling hopeless, worthless
- Talking about wanting to kill themselves
- Risk taking

Señales de Alerta incluyen:

- Cambio de humor: tristeza, ansiedad, irritabilidad
- Cambio de conducta: aislamiento, regular posesiones
- Cambios en su dormir o apetito
- Aumenta la agresión o impulsividad, agitación
- El decir cosas como "Nadie me extrañara" o "Estarás mejor" (el sentirse como una carga)
- El sentirse avergonzado o humillado o desesperado, después de unaseparación o prueba; el sentirse sin esperanza, inútil
- El decir que quieren matarse
- El tomar riesgos



24-Hour Crisis Line: 708-386-4225

Text Line: 708-669-6149

@sarahs_inn

www.sarahsinn.org

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