

YOUTH YELLOW PAGES

A resource guide
published for youth in
Henry, Mercer, Rock Island and Whiteside Counties

A Project Of:
The 14th Judicial Circuit
Family Violence Prevention Council

Youth Yellow Pages

2011

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By including information in this document we are in no way making a recommendation for that agency. Nor does the exclusion of an agency mean that its services are not recommended. The publisher is not responsible for the accuracy of the information provided by the resources listed in this guide.

Youth Yellow Pages

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The Youth Yellow Pages is a service guide written for teens in Henry, Mercer, Rock Island and Whiteside Counties. The Yellow Pages is available to remind you that you are not alone. There are people who care.

There are many resources available to help you deal with problems or to assist in making your life more interesting and enjoyable. We hope that the Youth Yellow Pages will help you become more aware of some of the agencies and organizations which can either provide services or refer you to the proper agencies.

Use this directory to call for information or assistance. Don't be afraid to ask questions or to say what you need. If you run into problems, ask for someone who can help you. Many services are confidential. This means that they will not tell other people what you talk about. If you want to make sure that the agency will keep your conversation private, simply ask them when you first call, "Will this conversation be confidential?"

Whether your needs are physical, emotional, recreational, educational, or religious, someone can help. You can ask for assistance from parents and family members, clergy, teachers, counselors, and the agencies listed in this directory. Don't hesitate to ask for help. You don't have to go through this important stage of your life alone.

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HOW TO USE THE YOUTH YELLOW PAGES

The Table of Contents, at the front of the booklet, is organized alphabetically by subject matter. Use it to find the information you need.

Don't be embarrassed or afraid to ask questions or say what you need. Keep calling different agencies until you reach someone who can answer your questions or help you with your problems.

If you happen to call a number that is no longer working, don't give up! You can refer to the business section of the telephone directory or call another agency listed in that same section.

TIPS FOR DEALING WITH AGENCIES

When you call an agency, it helps both you and the agency if you ask the following questions:

- What area of the county do you serve?
- What services do you offer?
- Who can receive your services?
- What are your hours?
- Where are you located?
- Do I need permission from a parent or legal guardian?
- What documents should I bring with me?

Remember: write down all of the information you gather including: the name of the agency and the person with whom you spoke, address and directions if needed, date you made contact, and date of any appointment.

AIDS AND SEXUALLY TRANSMITTED DISEASES

Anyone engaged in risky behaviors, including sexual activity and drug use, can become infected with HIV or a STD regardless of gender, sexual orientation, age, or race. It is important that you get tested now if you think that you may have an STD or if you have engaged in risky behaviors – if untreated, STDs can result in serious damage.

Please note that not all hotlines are available 24 hours a day.

Illinois AIDS/HIV/STD Hotline (bi-lingual) 800-243-2437
800-AID-AIDS
(TTY) 800-782-0423

CDC National HIV/AIDS Hotline (English) 800-342-2437
(Spanish) 800-344-7432
(TTY) 800-243-7889

CDC National STD Hotline (English) 800-227-8922
(Spanish) 800-344-7432
(TTY) 800-243-7889

Confidential HIV testing is available through the following resources:

Henry County Health Department 309-852-5272
Mercer County Health Department 309-582-3759
Rock Island County Health Department 309-794-7080
Whiteside County Health Department 815-626-2230

ALCOHOL, DRUGS, AND TOBACCO

Alcohol, drugs, and tobacco can kill. Effects depend on many factors including height, weight, and body composition.

Alcohol and drugs are very unpredictable and their effects on the body differ from person to person. Some of the dangers experimenting with drugs and/or alcohol are (even on the first time): overdose, physical illness, accidents, addiction, family problems, work problems, school problems, trouble with the law, AIDS (for example, if needles are shared), death, and uncharacteristic behavior.

Services to help you or a friend are available. Some agencies provide in-patient services (which means that you stay there for a period of time), other agencies provide out-patient services (you don't stay there overnight), and some agencies provide both. Some agencies that you can contact for more information are:

Alcoholics Anonymous	309-856-7601
Al-Anon/ALATEEN	563-323-1521
Alcohol Hotline	800-252-6465
Bridgeway	800-728-0985
Good Shepherd	309-944-6205
Henry County Health Department	309-852-5272
Lutheran Social Services	815-626-7333
Mercer County Health Department	309-582-3759
Recovery Zone	815-626-2800
Riverside	309-793-3000
Robert Young Center	800-322-1431
Sinnissippi Centers, Inc.	815-284-6611

BULLYING

Bullying is when one person hurts or threatens someone else physically, verbally, or in writing. Bullies may choose a victim who is smaller, younger, from a different race or culture, or different in some other way than they are. The bullying might happen once or repeatedly.

Bullying can include pushing, shoving, kicking, hitting, teasing, or writing mean or threatening notes. Bullying is probably against school rules and may also be against the law. Check with an adult in your school to find out more.

Who Can Be a Bully?

Anyone can be a bully. Girls and boys tend to bully in different ways, though. Boys are usually more physical when they bully – shoving, pushing, and hitting. Girls, on the other hand, tend to use words more than physical force. Girls often bully by spreading rumors, taking part in gossip, or threatening someone. However, girls do use physical bullying also.

If You Are a Victim of Bullying, You Might . . .

- feel angry, sad, lonely, or depressed
- feel like you have no friends
- find that you are always getting into fights
- want to hurt someone else or yourself
- feel like taking steps to defend yourself
- feel helpless or hopeless to stop the bullying
- be afraid to go to school
- feel anxious all the time
- feel poorly about yourself

Get Help

Being bullied is not your fault, and it is wrong. Nothing you say, the way you look, or what you believe gives anyone else the right to make fun of you or hurt you.

- Tell your parents, and talk with them about ways that they can help you to be safe.
- Tell a teacher, counselor, school resource officer, or principal. They can take action to stop the bullying.
- Many schools have a policy on bullying. If you feel that no one in your school is helping you, see if you can find out what the policy is, and talk with the principal about how the policy applies to your case.
- If there is no policy in your school, talk with friends, a teacher, or the principal about creating one.

Help Yourself

- Try to walk away from the bullies.
- Sit near the bus driver on the school bus.
- Take different, safe routes to and from school. See if you can get a friend or two to walk with you.
- Do not bring lots of money or expensive things to school.
- Try to stay in areas where other students and adults are around.
- Try not to be in a bathroom or locker room by yourself.

Help Someone Else

If you see bullying happening in your school, you can help put a stop to it.

- Refuse to join in if a bully tries to get you to tease someone.
- Get a teacher, parent, or another adult to come help. You won't be snitching; you'll be taking a stand against bullying.
- Talk with the person being bullied and try to get them to talk to an adult. Offer to go with them.
- Report the bullying to an adult you trust.

Material on this topic was taken from Teen Tools: Help for Teenage Victims of Crime (Bullying and Harassment). www.ncvc.org.

CHILD ABUSE

When we think of child abuse, which includes neglect and emotional abuse as well as physical and sexual abuse, we may think of someone physically harming a small child. But, according to some resources, about one-third of the victims of child abuse are teens.

Some studies have shown that one in every three girls and one in every six boys become victims of sexual abuse by the age of 18. The abuser usually threatens or blames the victim, so that the victim will keep the abuse a secret.

An abuser is usually someone the child knows – a family member or a well-known adult the victim trusts. They are likely to repeat the abuse. As they do, the violence can get worse.

If you suspect that a child or teen you know is being abused, or if you are being abused yourself, **CALL FOR HELP. IT IS NOT YOUR FAULT AND YOU ARE NOT TO BLAME.** Keeping the abuse a secret does not help you or anyone else; keeping the secret only causes the cycle of pain and shame to go on.

To report child abuse by a family member or caregiver, call the Illinois Department of Children and Family Services (DCFS) Hotline at 1-800-252-2873. Reports to DCFS can be made anonymously (without giving your name).

If the abuser is not a family member or caregiver, call your local law enforcement office (either the Sheriff's Department or police department).

CHILD CARE AND PARENTING RESOURCES

Learning to be a good parent is very important. We learn how to be parents from our own parents, friends, television, movies, and books. Sometimes we learn parenting techniques that are not the best ones. Child development and parenting classes can help you become a better parent. Some resources are: child development classes at your high school or college and parenting classes available through local schools and agencies. Also, some local health departments have a Teen Parent Services project that provides assistance.

Childcare Resource and Referral provides listings and assistance in locating childcare resources for parents. They can also provide information on financial assistance for childcare.

To locate a childcare provider: 800-369-3778
For financial assistance for childcare: 309-852-5627

Bethany for Children & Families	309-797-7700
Bridgeway Children Services	309-757-1276
Community Coordinated Child Care	800-848-8727
Helpline for Parents	800-433-6644
Lifetime Impressions	309-582-5288
Lutheran Social Services	815-626-7333
Parents as Teachers – Whiteside Co.	815-625-1495
Sinnissippi Centers, Inc.	815-284-6611
Youth Service Bureau of Henry County	309-852-0161

COUNSELING

If things you are feeling or doing begin to interfere with your normal every day activities, or if you or someone close to you is experiencing one or more of the following warning signs, counseling may be helpful:

- sudden changes in mood or behavior
- depression – feeling unhappy for a long time
- anxiety – strong feelings of fear or nervousness
- losing temper over small things
- dropping grades
- sleeping more or less than usual

Once you contact a counselor, you can ask whether your parents' permission is required for you to receive services. Ask about special services for teens, fees, and appointment times. Many counseling centers adjust their fees based on your ability to pay (this is usually called a sliding scale). If you have health insurance, it may pay for counseling. Many times, even one session can help.

April House	815-772-8663
Bethany for Children and Families	309-853-2671
Bridgeway	800-728-0985
Catholic Charities	309-852-4549
Family Crisis Center	309-582-7233
Great River Community Health Center	309-286-7240
Helpline for LGBT Youth	800-850-8078
Lutheran Social Services	815-626-7333
Riverbend Christian Counseling	309-757-0300
Robert Young Center	800-322-1431
Sinnissippi Centers, Inc.	815-284-6611
The Place2b – Teen Support Agency	309-798-3978
Whiteside County Health Department	866-230-2230
Youth Service Bureau of Henry County	309-852-0161
Youth Service Bureau of Rock Island Co.	309-793-3460
YWCA of the Sauk Valley	815-625-0333

DATING

VIOLENCE

Teen dating violence is a pattern of behavior used to control another person. It can be physical, sexual, emotional, and/or verbal. By learning more about teen dating violence you may be able to help a friend.

What Are Some Signs of Dating Violence?

Some signs of an abusive relationship include when your partner:

- puts you down, yells or swears at you, makes fun of you
- tries to run your life by making all decisions for you
- abuses drugs or alcohol and pressures you to take them
- isolates you from your family and friends
- hits, punches, slaps, bites, chokes, pushes, or throws things at you
- threatens to kill him/herself or you if you leave
- is constantly jealous
- threatens you
- pressures or forces you to have sex or join in sexual activities
- blames you when he/she mistreats you
- wants to know where you are at all times

No one deserves to be abused no matter what.

Helping a Friend:

If one of your friends is being abused, you can be the lifeline that she/he needs.

Listen & believe. Your friend has likely been told that no one will believe her/him. Show that you care by listening and believing. Also, know that your friend may not be ready to admit that she/he is being abused . . . let them know that you are always there to talk.

Tell your friend that no one deserves to be abused . . . no matter what. The person who uses abuse is always responsible for her/his own actions.

Tell your friend that she/he cannot change the abuser. Instead, without help, the abuse almost always gets worse.

Help your friend make a safety plan.

Tell your friend about people (and agencies) that can help.

If your friend is the abuser, you can also help. Let your friend know that the behavior is not OK, and that she/he can be arrested for it. Give her/him information about agencies that can help.

Safety Planning

One step that a victim of dating violence can take is to develop a safety plan. A safety plan is a written document that talks about what a person will do before, during, and after abuse. Having a safety plan does not mean that abuse will happen again . . . but it is there if needed.

There are a lot of safety plans on the Internet that you can use. Some of the things you may want to include in a safety plan are:

- try not to be alone with your partner
- stay in touch with your friends
- take a self-defense class
- consider getting a court order of protection
- tell teachers, counselors, coaches, and/or parents about what is happening
- talk to the school about changing your class schedule
- always keep a working cell phone or have access to a telephone
- if you are alone at home, make sure all doors and windows are locked
- if you choose to break up with your partner, make sure it is in a public place
- arrange to talk to somebody after talking with your partner so that you can tell them what happened
- trust your instincts. If you feel that you are in danger – get help right away
- change your routine. Go places different ways and don't always go to the same place

Resource Numbers:

If you think you are being abused, there are places where you can get help.

April House (Whiteside Co.)	815-772-8663
Freedom House (Henry County)	800-474-6031
Family Resources (Rock Island Co.)	309-797-1777
Family Crisis Center (Mercer County)	309-582-7233
YWCA (Whiteside County)	815-626-7277

Illinois Domestic Violence Helpline	877-863-6338
National Teen Dating Abuse Hotline	866-331-9474

www.loveisrespect.org

National Domestic Violence Hotline	800-799-SAFE
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EATING DISORDERS

Eating disorders include anorexia nervosa, bulimia, and compulsive overeating. They are serious emotional problems and can have life-threatening physical consequences. **Teens with these disorders need to seek medical help.**

Anorexia Nervosa is an eating disorder that can cause severe weight loss. Weight is lost through fasting, excessive exercise, and/or purging (self-induced vomiting). Young people with anorexia are afraid to gain weight, even when they are very slender.

Bulimia is a similar eating disorder in which someone starves and then overeats or takes laxatives or vomits to lose weight. This is often done secretly and can make a person feel ashamed and guilty.

Compulsive Overeating is characterized primarily by periods of impulsive or continuous overeating and dieting resulting in recurrent weight gain and loss. Compulsive overeaters are not always overweight.

Bridgeway	800-728-0985
Great River Community Health Center	309-286-7240
Robert Young Center	800-322-1431
Quad-City Eating Disorders Support Group	309-786-3006

FAMILY PLANNING, BIRTH CONTROL, AND PREGNANCY

Becoming sexually active is a decision that each person should make based on his or her own beliefs at a time when he or she is ready – do not allow pressure from any other person to lead you to make choices that you don't agree with. Before you make a decision, get the facts and your feelings sorted out.

Birth control: Condoms are the only contraceptive that provides protection against both pregnancy and STDs. Remember though, no form of birth control is 100% reliable. Abstinence is the only way to absolutely avoid pregnancy and STDs.

If you are a sexually active male or female, you can get birth control information from the following sources:

Henry County Health Department	309-852-5272
Mercer County Health Department	309-582-3759
Rock Island County Health Department	309-794-7088
Whiteside County Health Department	815-626-2230

Pregnancies: If you or someone you know is pregnant and uncertain about what to do, there are places that offer help. It is important to get a pregnancy test as soon as possible, to talk about it with your parents or someone whom you trust, and to get medical attention right away. The earlier you know, the earlier you can begin taking care of yourself.

Catholic Charities	309-788-9581
Crisis Pregnancy Center	309-797-3636
Gianna's House Pregnancy Resource	815-625-6520
Henry County Health Department	309-852-5272
Lutheran Social Services of Illinois	309-343-7681
Mercer County Health Department	309-582-3759
Rock Island County Health Department	309-794-7088
School Health Link (pregnancy testing)	309-281-2421
Whiteside County Health Dept.	815-626-2230

RAPE/SEXUAL ABUSE

Sexual assault is unwanted, forced, manipulated, or coerced sexual contact. It includes behaviors that range from unwanted touching over or under clothing to sexual penetration.

It doesn't always take physical force to sexually assault a victim. Attackers can use threats or intimidation to make a victim feel afraid or unable to refuse. It is also sexual assault if the victim is drunk, drugged, unconscious, too young, or mentally unable to agree to sexual contact.

Most victims are assaulted by someone they know: a friend, date, acquaintance, or boy/girlfriend. Dating or being sexually involved with someone does not ever give anyone the right to force you to have sexual contact when you don't want to. Even if you have had sex before, you have the right to say "NO" at any time. You are also allowed to change your mind at any time. **Being sexually assaulted is never your fault.**

If you are a victim of sexual assault, you might. . .

- feel afraid, ashamed, angry, sad, lonely, betrayed, or depressed
- feel guilty and confused
- feel like you have no friends or that your friends won't believe you
- want to hurt yourself or someone else
- feel like taking steps to defend yourself
- feel helpless or hopeless
- feel anxious
- feel bad about yourself or your body

Get Help

Being a victim of sexual assault is not your fault. Nothing in what you say, the way you look, where you are, or who you are with gives anyone else the right to hurt you.

- Do not shower, change clothes, or clean up in any way before seeking medical attention. If you do shower, change clothes, or clean up, you may disturb any evidence medical staff might be able to collect for the police.
- Seek immediate medical attention, preferably at an emergency room. Medical personnel are trained to perform a “rape kit” exam, where they are able to gather evidence while examining the victim to help police and prosecutors find and charge the perpetrator. You can also be treated for injuries and receive drugs to reduce your chances of contracting STDs or getting pregnant. You may wish to bring a trusted friend, adult, or victim advocate with you.
- Call a sexual assault agency. Staff or volunteers may be able to be with you at the hospital and provide medical and legal advocacy and counseling.

Help Someone Else

If you know someone who has been the victim of sexual assault, you can help them.

- If your friend tells you that she or he has been assaulted, remember that it is not their fault. Help them get to a safe place. Listen patiently without judging them. Offer them your support and encouragement in getting help.

- Talk to the person and try to get them to also talk to an adult and get medical attention. Offer to go with them. If your friend is badly injured, call 911.

Resource Numbers:

If you or a friend has been sexually abused, there are places where you can get help.

Henry County:

Braveheart Children's Advocacy Center 309-937-5663
Freedom House 800-474-6031

Mercer County:

Family Crisis Center 309-582-7233
Mercer Co. Children's Advocacy Center 309-582-7233

Rock Island County:

Family Resources 309-797-6534
Rock Island Co. Children's Advc. Ctr. 309-794-6451

Whiteside County:

April House Children's Advocacy Center 815-772-8663
YWCA 815-626-7277

National Sexual Assault Hotline: 1-800-656-HOPE(4673)

Material on this topic was taken from Teen Tools: Help for Teenage Victims of Crime (Sexual Assault). www.ncvc.org.

RUNNING AWAY

Almost everyone thinks about running away from home at some time. When you're feeling very bad about your life, when you want to do something – anything - to change the way things are going, it's a very hard time to think clearly. Talking with someone you trust can often help you understand yourself better, think more clearly, and make the best possible decision for yourself.

If you or a friend are thinking about running away, or have run, contact a runaway hotline or shelter. They have staff that have been trained to help young people who are experiencing these types of feelings and problems. Staying on the street can be dangerous. Even the most street-smart people can get taken advantage of, ripped off, and seriously hurt while trying to make it on their own.

National Runaway Switchboard	800-RUNAWAY
The Nine Line	800-999-9999
Catholic Charities	309-786-0770
Youth Service Bureau of Henry County	309-852-0161
YWCA of the Sauk Valley	815-625-0343
Mercer County Family Crisis Center	309-582-7233
Family Resources	309-797-6534

SELF-HARM

Self-harm (also called self-injury or self-mutilation) is hurting yourself on purpose. It is not an effort to commit suicide. Teens who harm themselves come in all genders, races, ethnicities, and economic backgrounds. More females than males hurt themselves.

There are many reasons people hurt themselves. Some teens do it to try to stop feeling lonely, angry, or hopeless. It is their coping mechanism for dealing with feelings they can't handle. Some teens who hurt themselves have low self-esteem, feel unloved by their family, or think they have no friends. Some also have an eating disorder, an alcohol or drug problem, or may have been victims of physical or sexual abuse. In fact, the majority of females who self-harm have been physically or sexually abused.

Teens who hurt themselves often keep their feelings bottled up inside and have a hard time letting their feelings show. Some teens who hurt themselves say that feeling pain gives them a sense of relief.

Some Ways People Hurt Themselves

There are many forms of self-harm, including: cutting with knives, razor blades, broken glass, or anything sharp; carving; branding/markings; banging your head against a wall or hard object; breaking bones; burning your skin or rubbing it until you have abrasions; biting yourself; biting your nails until they bleed; hitting; picking or pulling skin and hair; not allowing old cuts to heal; and self-strangulation.

Why Do People Hurt Themselves?

Sometimes people don't really know why they hurt themselves. Others do it for a lot of different reasons, including:

- relief from psychological pain
- to calm down when feeling out of control
- to release tension
- not being able to feel emotionally, and wanting to feel something
- feeling too much
- to express anger or hurt

Get Help

If you are harming yourself, get help. Talk to an adult or someone your own age whom you trust. Check in your community for support groups for teens who self-harm or for similar groups. Even though you might feel alone, there are people who understand you and can help you understand yourself. If you don't know who to talk to, contact the resources listed at the end of this section.

Help Yourself

There are options you can use instead of hurting yourself. The following are some of the options listed by the National Center for Victims of Crime:

- wrap a rubber band (loosely) around your wrist and snap it against your skin
- talk to someone
- squeeze your ear lobe between your finger and thumb
- make a list of your feelings

- ask a friend to write things they like about you and keep this list somewhere you can find it when you need it
- hold your arms in front of you for as long as you can bear
- listen to music – turn up the volume if it helps
- kick a ball
- punch or kick something that won't hurt you (or it!)
- use a red marker on your skin if you feel like you need to see blood
- go for a walk or a run, swim, or lift weights
- do yoga or try relaxation breathing techniques

Help Someone Else

If you know someone who is harming him or herself, listen to them and take them seriously. Remember that you can't solve the problem for your friend, but you can encourage them to talk to an adult or a professional who can help them. Do not be critical of your friend's behavior. Accepting your friend and showing concern can help them feel cared about and safe.

Resource Numbers: (If it is an emergency, call 911!)

National Center for Victims of Crime	800-FYI-CALL
gethelp@ncvc.org	
Girls and Boys Town National Hotline	800-448-3000
Bridgeway	800-728-0985
Robert Young Center	800-322-1431

Material on this topic was taken from Teen Tools: Help for Teenage Victims of Crime (Self-Harm). www.ncvc.org.

SUICIDE

Suicide is the third leading cause of death among 15 – 24 years olds and the second for 10 – 14 year olds. Many more teens attempt suicide. One recent survey of high-school students found that almost 1 in 5 had seriously considered attempting suicide, more than one in 6 had made plans to attempt suicide, and more than 1 in 12 had attempted suicide in the past year. Girls are more likely to attempt suicide, but boys are more likely to die from suicide.

Risk Factors

According to the National Youth Violence Prevention Resource Center website, risk factors for suicide include: previous suicide attempts; depression; alcohol or substance abuse; family history of mental disorders, substance abuse, or suicide; stressful situation or loss; easy access to guns; exposure to other teens who have died by suicide; and a history of physical or sexual abuse. Other risk factors include problems with school or the law, lack of self-esteem, and confusion over sexual orientation and/or identity. Suicide is two to three times higher for gay, lesbian, bi-sexual, and/or transgendered youth.

Warning Signs

Some youth show warning signs that they are considering suicide. Some are:

- giving away possessions
- withdrawing from people
- change in eating and sleeping patterns
- talking about death or suicide

Getting Help

If you are thinking about suicide, talk to someone! Talk to an adult whom you trust or call a hotline. Even though you might feel alone or your problems seem overwhelming, there are people who understand you and can help. If you don't know who to talk to, call

National Center for Victims of Crime 800-FYI-CALL
gethelp@ncvc.org;

Girls and Boys Town National Hotline 800-448-3000

Suicide Hotline 800-SUICIDE

Help Yourself

There are other options you can use to cope. Some coping strategies include:

- getting involved in school or other organized activities
- ask a friend to write things they like about you and keep this list somewhere you can find it when you need it
- plan your future and set realistic goals
- volunteer & help others
- eat right and exercise
- laugh
- seek help if you feel overwhelmed

Help Someone Else

If you know someone who is considering suicide, you can:

- ask if he or she is considering suicide

- listen to them and take them seriously (even if they have talked about suicide before without acting on it)
- tell your friend that you care
- tell your friend that no matter how overwhelming his or her problems seem, help is available

Remember that you can't solve the problem for your friend, but you can encourage them to talk to an adult or a professional who can help them.

If you think that your friend is in immediate danger of attempting suicide, do not leave them alone - instead, stay with the person and get help immediately! Help can include taking them to the hospital, calling the police, or calling a hotline.

Take care of yourself also. Concerns about a suicidal person should not be kept a secret. By talking to an adult you may be able to help your friend and yourself. Don't carry the burden by yourself. You can be the most help by helping your friend get help from a person with the professional skills that he or she needs and by continuing to provide support while your friend gets help.

Resource Numbers: (If it is an emergency, call 911!)

National Center for Victims of Crime (gethelp@ncvc.org)	800-FYI-CALL
Girls and Boys Town National Hotline	800-448-3000
Suicide Hotline	800-SUICIDE
Bridgeway	800-728-0985
Robert Young Center	800-322-1431

SAYING NO

Maybe a friend wants to copy your homework, asks you to tell a lie or cheat on a test, or pressures you to take drugs or drink. Saying no to friends isn't easy, especially when they keep on asking. It is important to remember that you, not others, are in charge of your choices. You have the right to say no. You do not have to explain your reason for saying no. The most effective way to say no is to do so quietly, firmly, and then move on.

Here are some ways to say no that were collected from a group of teens.

- NO!
- NO WAY!
- SORRY, IT'S AGAINST MY RELIGION.
- MY PARENTS WOULD KILL ME!
- IF YOU KNEW ME, YOU WOULDN'T ASK ME!
- NO THANKS, IT WOULD RUIN MY IMAGE.
- NO THANKS. IT'S NOT MY STYLE.
- SORRY, I'M NOT STUPID.
- YOU DO – I DON'T. LET'S LEAVE IT AT THAT.
- SORRY, I LOST A FRIEND TO DRINKING.
- NO THANKS, I'M GOOD.
- SORRY, IT'S NOT ME.