

## **NATIONAL RESOURCE GUIDE**

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## ACTIVITIES IN YOUR COMMUNITY

### Recreation

#### **Boys and Girls Club of America**

<http://www.bgca.org/>

Services: After school and summer programs including educational support, recreation, arts, health and life skills.

#### **YMCA**

<http://www.ymca.net/>

Activities: Variety of health and fitness programs for individuals of all ages.

#### **Boy Scouts of America**

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

Activities: Programs for young men (grades 1-12).

#### **Girl Scouts of America**

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

Activities: Programs for young women ages 5-17.

### Volunteer Opportunities

#### **Big Brothers-Big Sisters of America**

<http://www.bbbs.org/>

Activities: Volunteers, 17 years of age and older, work one-to-one with a child, sharing experiences and time, to help the child grow into a confident, capable person.

#### **Red Cross Youth**

<http://redcrossyouth.org/>

Start your own group or search for existing groups in your area.

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## MENTORSHIP PROGRAMS

Find a safe adult who you can spend time with.

#### **Big Brothers-Big Sisters of America**

<http://www.bbbs.org/>

Services: Helps adolescents reach their potential through professionally supported one-to-one relationships.

**Boys and Girls Club of America**

<http://www.bgca.org/>

Services: After school and summer programs including educational support, recreation, arts, health and life skills.

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## **VIOLENCE PREVENTION SERVICES AND RESOURCES**

**National Domestic Violence Hotline**

**Ph: 1-800-799-7233**

**Text TELLNOW to 85944**

A 24-hour hotline for any type of domestic abuse, including dating abuse.

**The National Teen Dating Abuse Helpline**

**Ph: 1-866-331-9474**

**text “loveis” to 22522**

24-hour helpline for teens, parents, friends and family, peer advocates. All communication is confidential and anonymous.

**U.S. National Sexual Assault Hotline**

**Ph: 1-800-656-4673**

24 hour-Free, safe, confidential service.

**Boys Town National Hotline**

Ph: 1-800 448-3000 (**serves girls too**)

The Boys Town National Hotline is open 24 hours a day, 365 days a year and staffed by specially trained counselors. Parents, teens and families can find help with a range of issues including abuse, anger, depression, school issues, bullying etc.

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## **MENTAL HEALTH and SUBSTANCE ABUSE SERVICES**

**NATIONAL SUICIDE PREVENTION HOTLINE**

**1-800-273-8255**

Find a counselor who you can talk to about your feelings or problems.

**MentalHealth.gov**

<http://www.mentalhealth.gov/>

One-stop access to U.S. government mental health and mental health problems information.

### **Mental Health America Information Center**

Ph: 1-800-969-6642

Will put you in touch with local Mental Health Association, who will help you find community mental health services.

### **Boys Town National Hotline**

Ph: 1-800 448-3000 (**serves girls too**)

The Boys Town National Hotline is open 24 hours a day, 365 days a year and staffed by specially trained counselors. Parents, teens and families can find help with a range of issues including abuse, anger, depression, school issues, bullying etc.

### **Narcotic Anonymous**

<http://www.na.org/>

Support group for those wanting to stop using drugs and or are affected by the drug use of another person.

FREE

### **Alateen**

<http://www.al-anon.org/for-alateen>

Alateen is Al-Anon's recovery program for young people (mostly teenagers up to age 19 years) for those living with problem drinking, or are affected by the problem drinking of another person.

FREE

### **National Drug and Alcohol Treatment Hotline**

Ph: 1-800-662-4357

Speak to someone about alcohol, drug or family problems, information on alcohol and drug abuse, and local treatment options.

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## **OVERDOSE RESOURCES**

### **What is an overdose?**

An overdose is when a person takes more alcohol, drugs, or medications than their body can handle. This can lead to death.

### **What are symptoms of an overdose?**

- Blacking out

- Difficulty breathing
- Skin turns blue or pale
- Heart beating too fast or too slow
- Heart attack

### **What affects my risk of overdose?**

- Using drugs, alcohol, or prescription medications after not using them for a while
- Taking a lot of drugs, alcohol or prescription medications
- Mixing alcohol, drugs or meds
- Having an illness or disease that affects the heart or lungs

### **What should I do if I see someone overdose?**

- **Call 911 or take the person to ER**
- Roll the person on their side to prevent choking if they vomit
- Shake them, try to wake them up

### **What else do I need to know?**

- Many people don't want to call 911 when they see an overdose because of fear of legal problems, but know that you could be saving someone's life.
- You don't have to tell the 911 dispatcher your name if you don't want to.
- You also don't have to tell the 911 dispatcher that anyone was using drugs, but do tell the paramedics when they come so they can help the person better.

### **Other Resources**

#### **National Poison Control Center:**

1-800-222-1222 (24 hrs/day)

Hotline to talk to experts about overdose, particularly due to medications

#### **Harm Reduction Coalition:**

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

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## **HIV AND STD PREVENTION**

### **What are STDs and HIV/AIDS?**

- STDs stands for Sexually Transmitted Diseases. Common STDs include herpes, syphilis, HPV, genital warts, Gonorrhea, and Chlamydia.

- HIV is the human immunodeficiency virus and causes AIDS.
- A person can have any of these viruses for months or years before any signs of illness appear.
- HIV weakens the body's ability to fight off infections. Therefore, people with AIDS develop serious infections and cancers.

### **How do people get STDs and HIV?**

- HIV and STDs are spread through unsafe sexual contact with an infected person.
- HIV also spreads through contact with blood of infected people, such as sharing used needles and syringes.
- For HIV, contact can also come from breast milk, and it can be passed from woman to baby during pregnancy, childbirth, and when breastfeeding.

### **How can I keep myself from getting a STD or HIV?**

The best way to avoid getting STDs and HIV is to avoid activities that would allow the virus to be passed to you. By following these suggestions, you will lower your risk of getting STDs and HIV:

- The only way to avoid sexual exposure to STDs and HIV is to have sex with an uninfected partner or to abstain.
- If you are not certain that your sex partner is uninfected, you should use a latex condom correctly every time you have sex.

HIV can also be spread by sharing injection equipment. To lower your risk of getting HIV, do not share needles or syringes.

### **Why get tested for STDs or HIV?**

You cannot generally tell by looking at someone whether he or she has HIV or an STD infection. A person can be infected with HIV or an STD and not know it. The only way to be confident that you are not infected is to get a HIV test.

- It is important to find out if you are infected with HIV and STDs so that you know if you need to avoid activities that could infect someone else.
- It is also important to find out if you are infected with HIV or STDs so that you can receive good medical care. Some STDs can be cured with medication, and others can be treated to keep symptoms from bothering you. New treatments for HIV can help keep you healthy.

### **Whom should I tell if I am HIV-Positive?**

- If you test positive, you need to know that this infection is not passed to another person through casual contact.
- Many states require that you notify any new sexual partner prior to having sex with them. Past sexual and needle-sharing partners are to be notified so that they can also be counseled and offered testing. If requested, your local health department will provide you assistance in notifying partners

### **Where can I get tested?**

**Get Tested****National HIV and STD testing**

<https://gettested.cdc.gov/>

**Planned Parenthood**

<http://www.plannedparenthood.org/>

Payment: Self payment and Medicaid

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**Where can I get more information?**

You can also call the **National AIDS Hotline: 1-800-CDC-INFO (1-800-232-4636) TTY: 1-888-232-6348**

**Hours: 24 hours a day, 7 days a week** E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) **In English, en Español** to talk with an HIV specialist. They can give you quick, private answers at any time, day or night.

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**PREGNANCY, CHILDCARE and PARENTING SERVICES****Pregnancy:****Planned Parenthood**

<http://www.plannedparenthood.org/>

Payment: Self payment and Medicaid

**Parenting/Childcare Resources:****Head Start**

<https://www.nhsa.org/>

Ph: 866-677-8724

Services: Preschool and family program for low income families. Education, Health care, Social Services, Parent Involvement, Nutrition, and Behavioral Health Services

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**EDUCATION, JOB TRAINING,  
EMPLOYMENT SERVICES AND RESOURCES****Job Corps**

<http://www.jobcorps.gov/>

Ph: (800) 733-5627

Job Corps is a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people 16-24

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years of age that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.

## HOUSING RESOURCES

### Covenant House

Ph:1-800-RUNAWAY

If you are a youth needing counseling or shelter referral, please call 1-800-RUNAWAY or visit [www.1800RUNAWAY.org](http://www.1800RUNAWAY.org) - 24 hours a day, 7 days a week, 365 days a year.

A support service and 24-hour helpline for homeless youth. Deals with a wide range of issues, including bullying, suicide, basic needs, health, sex, drugs & alcohol and sex.

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## FOOD ASSISTANCE

### Feeding America

<http://www.feedingamerica.org/>

Find a food bank in your area.

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## TIPS TO STAY SAFE AND AVOID FIGHTS

Just Chill	✓ Relax, count to 10, and take a moment to think about things.
Never Carry	✓ Don't carry a weapon. If things are getting serious, get help or ask for advice.
You Control You	✓ You're in control of your own actions. Be your own person; don't let others tell you what to do
Think First	✓ Before you act, think about what could happen! Ask yourself, is this worth the consequences?
It's Not That Serious	✓ Is it worth getting in trouble, getting hurt, getting killed?



See Things From His Or Her Point Of View	✓ Think about what the other person is going through. If they have good reason to feel upset, talk to them about the situation. Don't be afraid to apologize if you've done something wrong.
Keep Walking	✓ Sometimes the best thing to do is just walk away. Find something else to do. It may help to get your mind off the situation.
Don't Be An Instigator	✓ If you encourage your friends to fight, you're just adding to the violence. How about telling your friend to let it go or suggesting you go hangout somewhere else.
Work It Out Without Fighting	✓ There are ways to solve problems with another person without fighting. Stay calm and try to talk it through.
Break The Cycle Of Violence	✓ How will your friends and family feel if you get hurt? Be the one to end the violence. Tell your friends and family not to get even.