

Mississippi State Department of Health  
Adolescent Health Program  
(601) 576-7464  
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## Resources and Helpful Links for Teens and Young Adults

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If you need help, talk to your parents or a trusted adult about your problem. If you have no one to talk to, the hotlines and organizations listed below are available to help with a variety of issues and concerns affecting adolescents and youth adults.

Remember, if you are in an emergency or someone you know is in danger, please contact your local law enforcement office by dialing **"911" for emergencies only** or dial **"0" (Operator) in an emergency** and give the location, including your county and city, and give the address where help is needed.

**911 or 0 for Emergencies Only (Ambulance/Fire/Police)**  
**77 on Cell Phone for Emergencies Only (Ambulance/Fire/Police)**

### Abstinence

#### **National Campaign to Prevent Teen Pregnancy**

1-877-4-ME-2-ASK (1-877-463-2275)

Provides information to teens about abstinence, sex, love, and healthy relationships.

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

#### **Gravity Teen**

1-800-230-PLAN (1-800-230-7526)

A phone hotline and online hotline offers anonymous answers to questions about abstinence, sexual behaviors, relationships and communicating with your parents.

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

### Abuse, Bullying, Violence and Discrimination

#### **Discrimination and Anti-Hate Line**

1-800-649-0404

#### **National Coalition Against Domestic Violence Hotline (24 hours)**

1-800-799-SAFE (1-800-799-7233)

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

#### **National Child Abuse Hotline**

1-800-422-4453

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

A trained counselor will tell you how to get help if you have been sexually and physically abused. The call is free and answered 24 hours a day.

#### **National Campaign Against Youth Violence**

1-800-99-YOUTH

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

This group encourages teens to use outlets other than violence to express themselves. The site offers tips for preventing violence and information to start anti-violence projects in your community.

#### **National Clearinghouse on Child Abuse and Neglect Information**

1-800-394-3366

<http://nccanch.acf.hhs.gov>

**National Resource Center on Domestic Violence**

1-888-Rx-Abuse

<http://endabuse.org>

**National Sexual Violence Resource Center (NSVRC)**

1-877-739-3895

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

[www.teenpcar.com](http://www.teenpcar.com)

This organization provides information, support, and help for teen victims of sexual violence.

**Rape, Abuse, and Incest National Network (RAINN)**

1-800-656-HOPE

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

If you have been sexually assaulted, have a friend who has been sexually assaulted, or want to know how to reduce your risk of sexual assault, RAINN is where you want to turn.

**Adoption****National Adoption Center**

1-800-862-3678

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

**Alcohol, Drugs, Addictions and Treatment****Addictions**

1-888-762-3750

Assist with intervention, referral and treatment services.

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

**Alcohol and Drug Abuse Help Line**

1-800-821-4357

A national hotline that answers 24 hours a day, 7 days a week. Someone will tell you about alcohol and drug abuse organizations in your area. The call is free and very confidential.

**Alcohol and Drug Abuse Help Line**

American Council on Alcoholism

1-800-527-5344

[www.aca-usa.org](http://www.aca-usa.org)

A national hotline that answers call from 8am-4pm, Monday-Friday. Leave a message after 4pm. They will send you confidential information on alcoholism, talk with you about alcohol abuse and assist you with locating treatment centers in your community.

**Alcohol**

1-800-NCA-CALL (1-800-622-2255)

National Council on Alcoholism (24 hours)

Helpline for finding treatment.

**Al-Anon**

1-800-356-9996

[www.al-anon.org](http://www.al-anon.org)

Support group meetings. Help for people who need to deal with family members and friends who are recovering from alcoholism.

**AlaTeen**

1-888-425-2666

[www.al-anon.org](http://www.al-anon.org)

Recovery program for young people struggling with alcoholism.

**Cocaine and Crack Hotline**

1-800-COCAINE

Provides assistance 24 hours a day to individuals struggling with cocaine and crack addictions.

**Cocaine Anonymous**

1-800-347-8998

Provides counseling and referral services for individuals struggling with cocaine addictions.

**Freevibe**

[www.freevibe.com](http://www.freevibe.com)

This site is located with stats on teen drug and alcohol abuse. Send a “Buzz Bomb” to a friend, post messages on the boards, read true stories about teens with drug problems, and share your own stories.

**Marijuana Anonymous**

1-800-766-6779

Provides counseling and referral services for individuals struggling with marijuana addictions.

**National Clearinghouse for Alcohol and Drug Information**

1-800-729-6686

Provides resources on alcohol and drug abuse and treatment.

**Allergies and Asthma****American Lung Association**

1-800-LUNGUSA

Provides information about preventing and treating lung disease.

**American Medical Association**

<http://www.ama-assn.org>

Provides medical information on adolescence.

**American Pediatric Association**

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

Provides information and resources on adolescent health.

**The Society for Adolescent Medicine**

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

Provides health information and resources to pre-adolescents and adolescents.

**Center for Disease Control –Division of Adolescent and School Health**

1-800-227-8922

[www.cdc.gov](http://www.cdc.gov)

DASH provides information on reducing and preventing health risk behaviors among children, adolescents and young adults.

**Behavioral Health****American Medical Association**

<http://www.ama-assn.org>

Provides medical information on adolescence.

**American Pediatric Association**

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

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DASH provides information on reducing and preventing health risk behaviors among children, adolescents and young adults.

**Mississippi Department of Mental Health**

1-877-210-8513

Provides information, referral and counseling services.

**National Institute of Mental Health**

1-800-421-4211

This is an automated voice information system with information on eating disorders, depression, anxiety and panic disorders. The call is free.

**National Mental Health Association**

1-800-969-6642

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

From anxiety disorders, to depression, to attention deficit, to suicide, to substance abuse-this group, with over 300 affiliates nationwide, can give a boost to anyone who feels like they might need it.

**National Mental Health Information Center**

Substance Abuse and Mental Health Services Administration (SAMHSA)

1-800-789-2647

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

**National Suicide Hotline**

1-800-273-TALK (1-800-273-8255)

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

Provides free and confidential suicide prevention and supportive services.

**Youth Suicide Prevention Services (Teen Link)**

1-888-431-8336

Provides information and resources to youth and their families on preventing youth suicide.

**Crisis**

**Contact Crisis**

601-713-HELP (601-713-4357)

601-366-9298 (en español)

A helpline for adolescents in crisis.

**Covenant House Crisis Hotline**

1-800-999-9999

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

A national crisis hotline for youth. The call is free. They answer 24 hours a day, 7 days a week and can provide referrals and offer crisis counseling on many topics.

**Girls and Boys Town National Hotline**

1-800-448-3000

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

A crisis hotline for parents and teens. The free and confidential call is answered 24 hours a day, 7 days a week. They offer problem solving on any issue and encourage teens to talk to their parents or caretakers about issues that may require professional assistance.

**Mississippi Department of Mental Health**

1-877-210-8513

Provides information, referral and counseling services.

### **National Center for Missing and Exploited Children**

1-800-843-5678

Report sightings of missing children and youth.

### **National Runaway Switchboard**

1-800-621-4000

National crisis intervention and referrals communication system for runaways and homeless youth.

## **Dating and Relationships**

### **Love Is Respect**

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

1-866-331-9474

Provides information and resources on healthy teen relationships.

### **TeensHealth.com**

[www.teenshealth.com](http://www.teenshealth.com)

A helpful website designed by professionals for developing pre-teens, adolescents and young adults.

## **Disabilities and Discrimination**

### **Discrimination and Anti-Hate Line**

1-800-649-0404

Provides assistance with discrimination and hate problems.

### **Disabilities and Discrimination Hotline**

1- 800-426-HAND

Provides information about discrimination to individuals with special health care needs .

### **Minority Health Resource Center**

800-444-6472

[www.omhrc.gov](http://www.omhrc.gov)

An informative public health site which focuses on issues affecting American Indians and Alaska Natives, Asian Americans, Native Hawaiians and other Pacific Islanders, Black/African Americans, and Hispanics/Latinos.

## **Education and School**

### **National Dropout Prevention Center**

1-800-656-2599

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

Provides information on the importance of staying in school.

## **Grief Support and Education**

### **Teen Support Place**

[www.teen-support-place.org](http://www.teen-support-place.org)

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

An online grief support group for adolescents and teens.

### **Shining Light**

[www.myshininglight.com](http://www.myshininglight.com)

954-827-0295

Provides grief support to teen and their families.

## Health and Hygiene

American Medical Association

<http://www.ama-assn.org>

Provides medical information on adolescence.

### American Pediatric Association

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

Provides information and resources on adolescent health.

### Center for Disease Control –Division of Adolescent and School Health

1-800-227-8922

[www.cdc.gov](http://www.cdc.gov)

DASH provides information on reducing and preventing health risk behaviors among children, adolescents and young adults.

### Center for Health and Health Care in Schools

<http://www.healthinschools.org>

Provides information and resources on health care services in schools.

### 4 Girls Health

<http://www.4girls.gov>

Provides health information and resources for girls-only.

### National AIDS Hotline

800-342-2437

800-344-7432 (en español)

[www.ashastd.org/nah/tty.html](http://www.ashastd.org/nah/tty.html)

Keep up with the latest U.S.AIDS trends. Ask your questions about HIV/AIDS and read up on important things to know if you're a teen living with HIV.

### National Herpes Hotline

919-361-8488

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

Provides support for emotional issues surrounding herpes.

### STD Hotline

800-227-8922

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

Find answers to frequently asked questions about sexually transmitted infections and hook up with a support group in your area.

### Teens and AIDS Hotline

800-440-TEEN

A hotline specifically for teens living with HIV/AIDS or for teens with questions about HIV/AIDS.

### Teen Growth

[www.teengrowth.com/](http://www.teengrowth.com/)

The website of choice for thousands of teens looking for health information.

### TeensHealth.com

[www.teenshealth.com](http://www.teenshealth.com)

A helpful website designed by professional for developing pre-teens, adolescents and young adults.

### The Society for Adolescent Medicine

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

Provides health information and resources to pre-adolescents and adolescents.

## **Nutrition, Obesity, Body Image and Physical Fitness**

### **National Eating Disorders Association**

1-800-931-2237

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

Receive teen-friendly information about eating disorders. The calls are free and answered from 10am - 7pm, Monday-Friday.

### **National Association of Anorexia Nervosa and Associated Disorders**

1-847-831-3438

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

Pick up free hotline counseling and learn about support groups for sufferers and families of people with eating disorders. You'll also find referrals to health care professionals who treat eating disorders across the U.S. and in fifteen other countries.

## **Parenting**

### **National Child Care Information Center, ACF**

1-800-616-2242

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

Provides helpful information and resources on child care.

### **Search Institute**

800-888-7828

[www.search-institute.org](http://www.search-institute.org)

Provides resource information that promotes healthy children, youth and communities.

### **Planned Parenthood Federation of America**

800-230-PLAN

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

Find information about teen reproductive health, teen pregnancy and parenting issues. You can also get connected with a clinic near you.

### **Centers for Disease Control**

800-227-8922

[www.cdc.gov](http://www.cdc.gov)

The official governmental health site and clearinghouse for adolescent health statistics. Also includes health information for the consumer. Extensive information about HIV/AIDS, other STDs, and other adolescent health matters.

## **Safety and Injury Prevention**

### **Safe and Drug-Free Schools**

[www.ed.gov](http://www.ed.gov)

Offers information on safety and drug-free policies in schools.

## **Self Esteem**

### **TeensHealth.com**

[www.teenshealth.com](http://www.teenshealth.com)

A helpful website designed by professional for developing pre-teens, adolescents and young adults.

## **Tobacco Use**

### **The American Cancer Society**

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

This website provides teen with information on youth tobacco prevention.

### **Tips4Youth**

<http://www.cdc.gov/tobacco/children.htm>

An online tobacco information and prevention source of the Centers for Disease Control.

## **Youth Development**

### **Idealist**

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

Get a job, internship or volunteer with a non-profit organization. Search this site of over 20,000 organizations to find out where your services are needed.

### **The Forum for Youth Development**

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

Provides helpful information on youth development.

### **Youth Activism Project**

[www.youthactivism.com](http://www.youthactivism.com)

This organization provides opportunities for youth development.

1-800-KID-POWER

### **Youth Service of America**

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

This organization works to expand the impact of the youth service movement in communities, schools, corporations and government.

### **Youth Infusion**

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

This organization is created and run by young people who work to support youth as decision-makers, advocates, and community change-agents.