SpeakUp!

2017-2018 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

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:** 800-932-0313
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
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 help. You are not alone.

Crisis Call Center: 800-273-8255
Call and get connected to a trained counselor at a crisis center in your area, anytime 24/7, for any problem you are dealing with. 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.

LGBTQ – Trevor Lifeline: 866-488-7386
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 **TrevorText** and **TrevorChat**, too.

National Sexual Assault Hotline: 800-656-4673
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.

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: 215-785-9765

Delaware County: 855-889-7827

Chester County: 877-918-2100

Montgomery County: 888-435-7414

Philadelphia County: 215-685-6440

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: http://www.referweb.net/chesco/

Delaware County Directory of Child and Adolescent Mental Health and Drug and Alcohol Services: http://www.delcohsa.org/mh_children/2016_childrens_directory.pdf

Montgomery County Community Resources and Partners: https://www.montcopa.org/556/Community-Resources-and-Partners

Philadelphia County – CAP4Kids: http://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 PeerNet Program: 267-507-3990

Chester County Warm Line: 866-846-2722
Monday – Friday, 2:00p.m. – 8:00 p.m. and Saturday – Sunday, 12:00 p.m. to 6:00 p.m.

Delaware County Warm Line: 855-464-9342
Monday – Friday, 6 p.m. to 12 a.m. and Saturday – Sunday, 1 p.m. to 7 p.m.

Montgomery County Teen Talk Line: 866-825-5856 or Text 215-703-8411
Monday – Friday, 3:00 p.m. to 9:00 p.m.

Philadelphia Warm Line: 855-507-9276 or 267-507-3945
Monday – Friday, 4 p.m. to 7 p.m.

Transition Aged Youth

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

Bucks County Now is the Time – Healthy Transitions Partnership: 800-499-7455
http://lifeinbucks.org/tayinbucks/

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 supports 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, 9 a.m. to 9 p.m. and Friday, 9 a.m. to 5 p.m. 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 LGBTQ). Lists screenings, treatment centers and support groups.

Online Resources:

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

Proud2BeMe: http://proud2bme.org/
An online community created by and for teens. Covers fashion and beauty, news, culture, and entertainment—all with the goal of promoting positive body image and encouraging healthy attitudes about food and weight.

Bullying

Hotlines and Services:

PA Bullying Prevention Consultation Line: 1-866-716-0424
Messages can be left 24 hours a day, seven days a week, and will be returned Monday-Friday during normal business hours. 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.

STOMP Out Bullying – Chat Line: http://www.stompoutbullying.org/information-and-resources/helpchat-line/
Available Tuesday-Friday and Sunday nights (hours vary, see website for more details). A safe place for 13-24 year olds to receive help with issues related to bullying and cyberbullying; as well as support to youths who may be at risk of suicide.

Online Resources:

STOMP Out Bullying: http://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, prevent bullying and provides information and resources on how to talk about and deal with bullying. Includes information for LGBTQ, special needs, religion, race and diversity bullying.

The Bully Project: http://www.thebullyproject.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 including 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/who_we_are_landingpage.html

Chester County – Domestic Violence Center: 888-711-6270 or 610-431-1430
https://www.dvccc.com/our-history

Delaware County Domestic Abuse Project: 610-565-4590

Montgomery County – Laurel House: 800-642-3150

Montgomery County Women's Center: 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
Philadelphia Office of Addiction Services: 215-685-5404
Substance Abuse and Mental Health Services (SAMHSA): 800-662-4357

AlAnon and **AlaTeen (Philadelphia):** 215-222-5244 www.aisdv.org
Provides help 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 http://www.sepennaa.org
Find information about local recovery meetings, support and the disease of alcoholism.

Be a 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/about/for-parents/
Weekly, free support groups for parents of children struggling with substance use and related disorders, and parents of children in treatment, therapy, and recovery. Starts with their Foundations for Parents Series and continues with their Hope for Parents series.

Narcotics Anonymous (NA): 215-745-9494 http://naworks.org
Delaware County: 215-629-6757
Philadelphia: 215-745-9494
A national program that provides support through regular meetings to those who have a desire to recover from a drug use issue.

New Leaf Club: 610-525-1711 http://www.newleafclub.org
Community center offering a wide variety of activities dedicated to wellness including weekly parent support groups on drugs and alcohol, educational programs, yoga, live music, juice bar and café, free Wi-Fi and more.

Partnership for Drug Free Kids – Helpline for Parents: 855-378-4373
https://drugfree.org/article/get-one-on-one-help/#gethelp1
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 – 5pm ET

SpeakUp! Network of Professional Facilitators: 610-519-9600 cphilbin@speakup.org
For additional information, support and referrals to our network of Professional Facilitators, please contact Colleen Philbin, SpeakUp! Counselor.

Online Resources:

Center for Addiction – Expert Views E-Cigarettes (Vaping):
https://www.centeronaddiction.org/e-cigarettes
E-cigarettes, recreational vaping and tobacco replacement information. Includes what is vaping, what parents should know, the harmful effects, differences between vaping devices, information on vaping marijuana and if e-cigarettes really help with quitting smoking.

Foundation for a Drug Free World: http://www.drugfreeworld.org/
Videos and articles describing different drugs and identifying their harmful effects. Substance users provide testimonials about the effects of their drug use. Prevention information, a free DVD and information kits 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. Articles, videos, games, and weekly facts for teens on the dangers of substance use and how substance us can affect your body and your life. Specific sections for parents and schools that provide facts and lesson plans.

Partnership for Drug Free Kids: https://drugfree.org/
Help to 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
Information on what you should know before you talk to your child, how to start the conversation, how to answer their questions and how 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 the 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.

Connecting with Your Coach: http://kidshealth.org/en/teens/coach-relationships.html?WT.ac=t-ra#
Explains how your coach can help you, how to build a relationship with your coach, tips on how to get along with your coach, common problems and how to fix them. Also, includes video of Michael Phelps explaining the significance of his relationship with his coach.

Is It OK to Talk to a Teacher About Personal Problems?:
http://kidshealth.org/en/teens/teacher-talk.html
Advice and conversation starters from a professional on how to approach a teacher about a personal problem.

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
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/
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.

Center for Grieving Children: 267-437-3123 http://grievingchildren.org
Peer support groups in multiple locations for children and teens ages 5-18 who have experienced the death of someone significant in their lives and caregiver groups to provide support for adults raising a grieving child. All Programs are free of charge.

National Alliance for Grieving Children: https://childrengrieve.org/find-support
Compilation of grief support services listed by state.

Peter's Place: 610-687-5150 http://petersplaceonline.org
Center for grieving for children, teens and adults offering information and a variety of support groups in the community, in schools and online.

Online Resources:

What's Your Grief?: https://whatsyourgrief.com/
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.

LGBTQAI+

Hotlines and Services:

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

Main Line Youth Alliance: http://www.myaonline.org
Provides LGBT 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 for LGBTQ 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 is available for parents, teachers, and service providers.

PFLAG: 215-572-1833 http://www.pflagphila.org
Support, information, tools and resources for people who are LGBTQ and their families, friends, and allies.

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

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 LGBTQ youth.

Trevor Lifeline: 866-488-7386
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. Chat and text available.

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 yourself 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 LGBTQAI face regarding mental health as well as support and health provider resources.

PFLAG: 215-572-1833 http://www.pflagphila.org
Support, information, tools and resources to people who are LGBTQ and their families, friends, and allies.

Planned Parenthood LGBT Services: Chat online, text "PPNOW" to 774636 or call 800-230-7526 https://www.plannedparenthood.org/learn/sexual-orientation-gender
Education on LGBT health services and can provide hormone therapy for transgender patients, service referrals, support groups, and STD testing and prevention.

Safe Teens: www.safeteens.org/
Information on teen pregnancy, STDs, safe sex, relationships, and LGBTQ 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

New Leaf Club: 610-525-1711 http://www.newleafclub.org
Community center offering a wide variety of activities dedicated to wellness including weekly parent support groups on drugs and alcohol, educational programs, yoga, live music, juice bar and café, free Wi-Fi and more.

National Alliance on Mental Health (NAMI): Text NAMI to 741741 or call 800-950-6264
Delaware County and Surrounding Area: 267-251-6240 https://namipamainline.org
Philadelphia: 267-687-4381 http://www.nami.org
Toll-free help lines provide free referrals, information and support. National mental health education, support and advocacy organization with local chapters.

SpeakUp! Network of Professional Facilitators: 610-519-9600 cphilbin@speakup.org
For additional information, support and referrals to our network of Professional Facilitators, please contact Colleen Philbin, SpeakUp! Counselor.

Online Resources:

Center for Families: 610-228-0670 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.

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.

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.

National Alliance on Mental Health (NAMI): Text NAMI to 741741 or call 800-950-6264
Delaware County and Surrounding Area: 267-251-6240 https://namipamainline.org
Philadelphia: 267-687-4381 http://www.nami.org
National mental health education, support and advocacy organization with local chapters. Their toll-free help lines provide free referrals, information and support.

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 Professional Facilitators: 610-519-9600 cphilbin@speakup.org
Consider getting expert advice and support for your concern. Contact Colleen Philbin for referrals to SpeakUp!'s network of professional facilitators.

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.

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 – Victim 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/Relationship

Hotlines and Services:

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

AIDS FactLine 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 866-331-9474
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 warning signs for 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/
Information on teen pregnancy, STDs, safe sex, relationships, and LGBTQ issues.

Ted Talk - Sex Needs a New Metaphor:
https://www.ted.com/talks/al_vernacchio_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

Hotlines and Services:

New Leaf Club: 610-525-1711 http://www.newleafclub.org
Community center offering a wide variety of activities dedicated to wellness including yoga, educational programs, live music, juice bar and café, free Wi-Fi and more.

Online Resources:

Create a Personal Stress-Management Plan:
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 loses. 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 having 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?ref=search&WT.ac=msh-t-dtop-en-search-clk
Information on how to distinguish between healthy friendships and cliques, explains 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 that they need to feel better.

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
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/?ref=p2t_tab
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 and 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.

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 Colleen Philbin at cphilbin@speakup.org.