



**ROSH HODESH: IT'S A GIRL THING!**

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## **National Crisis Referral Information**

**In case of an immediate medical crisis,  
call 911 and/or your local hospital emergency room.**

Local referral numbers can be found in your area telephone directory, often in the “Blue Pages” within the “White Pages” book. The numbers and information provided below are current as of April 2005. They should be checked and updated regularly.

### **GENERAL**

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#### **The National Youth Crisis Hotline**

**1-800-HIT HOME** (1-800-448-4663)

24/7, for youth 17 and younger in crisis, short crisis counseling and referrals (Note: pregnancy crisis is referred to an anti-abortion hotline.)

### **CRISIS: SUICIDE**

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#### **National Hope Line**

**1-800-SUI-CIDE** (1-800-784-2433)

7 days/hours vary, routes call to nearest counselor

[suicidehotlines.com/national.html](http://suicidehotlines.com/national.html)

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

### **DOMESTIC ISSUES**

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#### **National Domestic Violence Hotline**

**1-800-799-SAFE** (1-800-799-7233; TTY: 1-800-787-3229)

24/7, domestic and dating violence crisis assessment and intervention, advice on safety-planning strategies, referrals to local counseling, legal help, and shelters

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

#### **National Runaway Switchboard**

**1-800-621-4000, 1-800-RUNAWAY** (1-800-786-2929)

24/7, deals with youth in crisis and their parents, provides counseling, food, shelter, transportation, family contact, mediation services, etc.

### **DRUG & ALCOHOL**

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#### **National Drug and Alcohol Treatment Routing Service**

**1 800 662-HELP** (1-800-662-4357)

Referrals to local treatment centers, free literature.

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

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

[www.niaaa.nih.gov/other/referral.htm](http://www.niaaa.nih.gov/other/referral.htm)

## **SEXUAL ASSAULT AND ABUSE**

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### **National Sexual Assault Hotline (RAINN)**

**1-800-656-HOPE** (1-800-656-4673)

24/7, routes call to nearest sexual assault and sexual abuse crisis counselor  
[www.rainn.org](http://www.rainn.org)

### **National Sexual Violence Resource Center**

**1-877-739-3895**

(not a crisis hotline) 24 hour access to information, resources, research

## **SEXUAL IDENTITY**

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### **The National Gay & Lesbian Hotline**

**1-888-THE-GLNH** (1-888-834-4564)

4pm-11 pm EST, listening and referrals on issues of sexual identity and relationships. [www.glnh.org](http://www.glnh.org)

## **SEXUALITY: BIRTH CONTROL, PREGNANCY, AIDS, AND STDs**

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*Note: Laws concerning assisting unrelated minors to obtain birth control and/or abortions vary from state to state and may change. Know the restrictions in your state before you are faced with a crisis.*

### **Planned Parenthood**

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

24/7, routes call to closest PP office for comprehensive and non-judgmental information and services regarding birth control, pregnancy, birth, and abortion [www.plannedparenthood.org](http://www.plannedparenthood.org)

### **Teen AIDS Hotline**

**1-800-440-TEEN** (1-888-440-8336)

### **Teens Teaching AIDS Prevention (TTAP)**

**1-800-234-TEEN** (1-888-234-8336)

M-F 5-9 pm EST, peer counseling on STDs, decision making, risk reduction, testing

### **National Listing of Hotlines**

[www.bgladco.com/aidsservices/nathot.htm](http://www.bgladco.com/aidsservices/nathot.htm)

### **CDC Sexually Transmitted Disease & AIDS Hotline**

**1-800-227-8922 or 1-800-342-2437**

24/7 information, free publications, websites, referrals to testing and teen hotlines [www.ashastd.org/NSTD](http://www.ashastd.org/NSTD)