

## **Innovative Approaches**

### **Teen Resource Bank**

#### **Mental Health, Suicide, and Crisis**

- National Suicide Prevention Lifeline: Free, private support for people in distress. They provide prevention and crisis resources. They also share best practices for professionals. Available 24/7.
  - Phone: 1-800-273-8255
  - [National Suicide Prevention Lifeline Website](#)
  - 988 Suicide and Crisis Lifeline

#### For teens:

- [Teen Health: Suicide](#)
- [Teenline](#)
- [Hey Sam](#)

#### For caregivers:

- [AFSP: Teens and Suicide: What Parents Should Know](#)
- [Conversation Guide: How to Talk To Your Teen About Suicide](#)
- [Conversation Guide: Talking to Adolescents and Teens about Mental Health](#)

#### Local Resources:

- [Hopeline NC](#)
- [Alexander Youth Network](#)
- [NAMI Charlotte](#)
- [Teen Health Connection](#)
- [Mind the Gap](#)

#### **Eating Disorders**

- National Alliance for Eating Disorders: Provides support, resources, and treatment options for eating disorders. Available Monday-Friday from 9 am to 7 pm EST.
  - Phone: 1-866-662-1235
  - [National Alliance for Eating Disorders Website](#)

#### For teens:

- [Teen Health: Eating Disorders](#)

- [ANAD: Support Groups](#)
- [Eating Disorder Hope: Hotlines](#)
- [Project Heal](#)

**For caregivers:**

- [Eating Recovery Center: Anorexia in Teens](#)
- [Newport Academy: Teen Eating Disorders and Bulimia](#)
- [Montenido: Tips for Parents When Talking to Teens About Eating Disorders](#)

**Local Resources:**

- [Renfrew Center Charlotte, NC](#)
- [Center for Disordered Eating- Teen Health Connection](#)

**Healthy Relationships and Domestic Violence**

- National Domestic Violence Hotline
  - Call 1-800-799-7233 or text START to 88788

**For teens:**

- [Teen Health: Relaciones sanas](#)
- [Love is Respect](#)
- [Healthy Children: Expect Respect](#)
- [My Plan App](#)

**For caregivers:**

- [Children's Mercy: Talking with teens about healthy relationships](#)
- [Conversation Guide: Guiding Teens Towards Healthy Relationships](#)

**Local Resources:**

- [Safe Alliance](#)
- [Family Mankind](#)
- [Jamie Kimble Foundation for Courage](#)

**Child Abuse**

- Childhelp National Child Abuse Hotline. Provides 24/7 help for abuse and neglect situations.

- Phone: 1-800-422-4455
- [Childhelp Website](#)

**For teens:**

- [Childhelp: Teens](#)
- [Dee Norton Center: Info for Tweens and Teens on Child Abuse](#)

**For caregivers:**

- [BGCA: Preventing Child Abuse](#)
- [Conversation Guide: Discussing Child Safety with Teens](#)

**Local Resources:**

- [Family Mankind](#)
- [Meck Better Together](#)
- [Children's Advocacy Center of Charlotte](#)

**Sexual Assault**

- RAINN Sexual Assault Hotline
  - Phone: 1-800-656-4673
  - [RAINN Website](#)

**For teens:**

- [Teen Sexual Assault: Information for Teens](#)
- [Colorado Coalition Against Sexual Assault: Teen Toolkit](#)

**For caregivers:**

- [Teen Sexual Assault: Information for Parents](#)
- [What Parents Need to Know About Sexual Abuse](#)
- [Conversation Guide: Teen Sexual Assault](#)

**Local Resources:**

- [Safe Alliance](#)
- [Brave Step](#)
- [Turning Point NC](#)
- [NC Coalition Against Sexual Assault](#)

## **Sexual Health**

- CDC STI Info Line
  - Phone: 1-800-232-4636
  - [CDC STI Info Page](#)

### For teens:

- [Safer Sex Guidelines for Adolescents](#)
- [Teen Health: Sexual Health](#)
- [Sex, Etc. \(By Teens For Teens\)](#)

### For caregivers:

- [Be a Askable Parent](#)
- [Sex Education: Talking to Your Teen](#)
- [Conversation Guide: Strategies to Talk with Teens About Sex](#)

### Local Resources:

- [Meck County: STI Testing and Treatment](#)

## **Substance Use**

- Substance Abuse and Mental Health Services (SAMHSA) National Hotline
  - Phone: 1-800-662-HELP (4357)
  - [SAMHSA Website](#)

### For teens:

- [Talk It Out NC](#)
- [Smart Recovery App](#)
- [Teen Health: Drugs and Alcohol](#)

### For caregivers:

- [Conversation Guide: Teens, Drugs, and Health](#)
- [Tips for Talking and Listening to Teens About Drugs and Alcohol](#)
- [Preparing Teens for Independence](#)

### Local Resources:

- [McLeod Centers](#)

- [Alexander Youth Network: Adolescent Substance Use Disorder Treatment](#)

## **Social Media Safety**

### **For teens:**

- [Safe Alliance: Control and Harassment Online](#)
- [Teen Talk: Ensuring Online Safety](#)
- [UNICEF: Tips for Teen Online Safety](#)

### **For caregivers:**

- [Parenting the Digital Generation](#)
- [Conversation Guide: Talking to Teens about Social Media](#)
- [Connect Safely](#)

### **Local Resources:**

- [CAC: Online Safety](#)