

RESOURCES FOR TEENS

BULLYING & CYBERBULLYING

Stopbullying.gov

www.stopbullying.gov

Teens Against Bullying

www.pacerteensagainstbullying.org

Centers for Disease Control and Prevention – School Violence

www.cdc.gov/violenceprevention/youthviolence/schoolviolence/index.html

Center to Prevent Youth Violence

www.cpyv.org

Your Life Iowa Bullying Support

855.581.8111 (call 24 hours /7 days)

Text "Talk" to 85511 (3 to 11 p.m. Monday-Friday)

www.yourlifeiowa.org

The Trevor Project

866.488.7386 (call 24 hours/7 days)

Text "Trevor" to 202.304.1200

(text 4 to 8 p.m. Friday)

www.thetrevorproject.org

Dear Parents and Teens,

If you would like to learn more about any of the feelings or behaviors listed in our questionnaire, or you would like to find out more about getting help for yourself or a friend, the following resources are available for you to call or visit online. These topics may or may not apply to you, so we are giving it to all participants just in case you are interested. If you have any questions or concerns, please feel free to call us at 301.295.1598.

DEPRESSION & SUICIDE

National Suicide Prevention Lifeline

800.273.TALK (8255) (call 24 hours/7 days)

www.suicidepreventionlifeline.org/gethelp.aspx

National Hopeline Network

800.442.HOPE (4623) (call 24 hours/7 days) • www.hopeline.com/gethelpnow.html

National Institute of Mental Health

www.nimh.nih.gov/health/topics/depression/index.shtml

Thursday's Child National Youth Advocacy Hotline

800.USA.KIDS (800.872.5437) (call 24 hours/7 days) • www.thursdayschild.org

The Trevor Project

866.488.7386 (call 24 hours/7 days) • www.thetrevorproject.org

Depression and Bipolar Support Alliance

www.dbsalliance.org

Crisis Call Center

800.273.TALK (8255) (call 24 hours/7 days)

Text "Answer" to 839863 (text 24 hours/7 days)

www.crisiscallcenter.org/crisisservices.html

OTHER TOPICS

National Institute of Mental Health

www.nimh.nih.gov/health/topics/

Mental Health America

800.273.TALK (8255) (call 24 hours/7 days)

www.nmha.org

National Eating Disorder Association

Hotline 800.931.2237

(call Mon.-Thurs. 9 a.m. to 9 p.m.)

Friday 9 a.m. to 5 p.m.)

www.nationaleatingdisorders.org

National Association of Anorexia Nervosa & Eating Disorders

630.577.1330

(call Mon.-Fri. 10 a.m. to 6 p.m.)

www.anad.org

EATING DISORDERS

Centers for Disease Control

www.cdc.gov/obesity or

www.cdc.gov/diabetes

National Institutes of Health

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/

National Diabetes

Information Clearinghouse

diabetes.niddk.nih.gov

OBESITY & DIABETES



UNIFORMED SERVICES UNIVERSITY
of the Health Sciences



Fort Belvoir
Community
Hospital