

## BODY IMAGE AND EATING DISORDERS

**Eating Disorders Help Line** 1-800-931-2237

Hours are 9:30am-5:30 p.m. MST. Trained staff members answer questions about eating disorders, offer support for addressing food and body image issues, and provide treatment and counseling referrals.

**Referrals to Eating Disorder Specialists**

1-800-736-3739

## CRISIS (GENERAL)

**Covenant House Nineline** 1-800-999-9999

Immediate help in crisis situations, including Operation Home Free which provides transportation home for runaways.

**Girls & Boys Town National Hotline** 1-800-448-3000

A crisis, resource, and referral line. Call for advice on ANY issue, 24-hours a day, seven days a week. You can also visit [www.girlsandboystown.org/hotline](http://www.girlsandboystown.org/hotline) to email your questions to a counselor who will respond ASAP or visit the online chat room.

**National Runaway Switchboard** 1-800-786-2929

Call 1-800-RUNAWAY if you are a teenager who is thinking of running away from home, if you have a friend who has run and is looking for help, or if you are a runaway ready to go home through the Home Free program. This is a 24-hour crisis line that has experienced team members who are ready to help now. It's anonymous, confidential and free.

**Help My Teen (Parents)** 1-800-247-1696

## DOMESTIC VIOLENCE /CHILD ABUSE

**National Child Abuse Hotline** 1-800-4-A-CHILD

This 24-hour hotline offers crisis counseling on sexual abuse, domestic violence, rape, and missing children, including information and referrals for treatment programs, shelters, and legal assistance.

**National Domestic Violence Hotline** 1-800-799-7233  
En español 1-800-942-6908

**NM Domestic Violence Hotline** 1-800-773-3645

## EDUCATION

**Federal Student Aid** 1-800-433-3243  
TTY/TDD 1-800-730-8913

Federal Student Aid, a department of the U.S. Department of Education, plays a central role in supporting postsecondary education by providing money or college to eligible students and families.

**National Center for Learning Disabilities** 1-888-575-7373

The Center provides essential information to parents, professionals and individuals with learning disabilities.

**New Mexico Higher Education Dept.** 1-800-279-9777  
Community resources, preparing for undergraduate programs, and being able to afford a college education.

## FAMILY

**Child Find of America** 1-800-I-AM-LOST  
**National Hotline for Missing and Exploited Children**

1-800-843-5678  
A hotline for reporting missing children and sighting missing children. Hours of operation are 5:30am-9:00 p.m. Mountain Standard Time

## HEALTH

**CHADD – Children and Adults with Attention Deficit/  
Hyperactivity Disorder** 1-800-233-4050

This hotline provides information on support groups and other advocacy resources for children and adults with ADHD.

**Self-Injury Hotline** info@selfinjury.com 1-800-366-8288

**National Suicide Prevention** 1-800-273-TALK

This hotline provides information and treatment referrals for adults and adolescents who engage in deliberate, repeated self-injurious behavior. (24 hour hotline)

## INFORMATION – OTHER

**Gambling Addiction** 1-800-522-4700

24-Hour confidential national hotline associated with the National Council on Problem Gambling.

## RECREATIONAL ACTIVITIES

**Boys and Girls Clubs of America** 1-800-854-CLUB

**Girl Scouts of the Americas** 1-800-478-7248

**YMCA USA** 1-800-872-9622

## SEX AND PREGNANCY

**Abortion Information Federation** 1-800-772-9100

The hotline is open weekdays from 5am-8pm MST, Saturdays from 6am-3pm and Sundays from 7am-3pm. The hotline answers any questions you may have about abortion, unintended pregnancy, or related issues. The

hotline is free, completely anonymous, and offers services to everyone, regardless of their individual situation.

**America's Pregnancy Hotline** 1-800-672-2296

This is a national free service provides counseling and information regarding pregnancy options; although counselors do not provide direct referrals to abortion service providers, they will provide referrals to non-profit organizations and community resources.

**Birthright** 1-800-550-4900

Birthright provides support to girls and women who are distressed by an unplanned pregnancy and offers support and alternatives to abortion. All Birthright services are free, absolutely confidential and available to all women.

**Emergency Contraception Hotline** 1-888-NOT2LATE

This automated directory provides a listing of doctors, hospitals, and family planning clinics that provide emergency contraception options. Opción española disponible.

**Herpes Resource Center** 1-800-230-6039

The Center focuses on the increasing education, public awareness and support to anyone concerned about herpes.

**National HIV/AIDS Hotline** 1-800-232-4636

Confidential 24-hour information and referral hotline sponsored by the Centers for Disease Control and Prevention.

**National Sexually Transmitted Disease Hotline**

1-800-227-8922

**AIDS en español**

1-800-344-SIDA

This hotline, sponsored by the CDC, provides anonymous, confidential information on the treatment and prevention of sexually transmitted infections and diseases as well as referrals to local testing sites.

**Planned Parenthood of USA** 1-800-230-PLAN

Services provided: sexual health information and referrals to local contraceptive health services. Opción española disponible.

## SEXUAL ASSAULT / ABUSE

**National Sexual Assault Hotline** 1-800-656-HOPE  
Free confidential counseling and support for victims of sexual abuse. Calls are immediately routed to the nearest rape crisis center. Operated by RAINN.

## SEXUALITY

**Gay and Lesbian National Hotline** 1-888-843-4564  
Hours are Monday-Friday from 4am-8pm, and Saturday from 10am-3pm MST. This hotline is staffed by trained volunteers who offer counseling services and referrals specific to the gay and lesbian community.

## SUBSTANCE ABUSE (DRUGS/ALCOHOL)

**Al-Anon** 1-800-344-2666  
Hope and help for young people who are the relatives and friends of a problem drinker

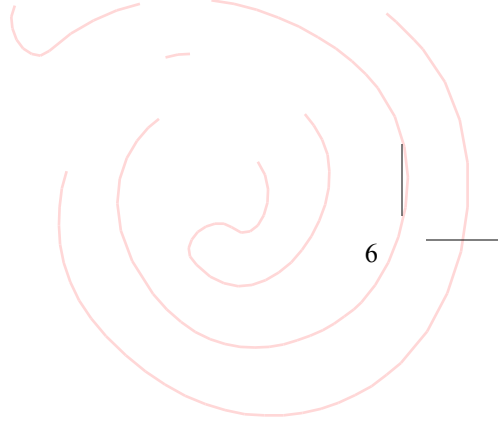
**Alateen** 1-888-425-2666  
Alateen is a part of Al-Anon, and is a recovery program for young people and includes groups sponsored by Al-Anon members.

**Drug/Alcohol Addiction** 1-800-468-6933

**Marijuana Anonymous** 1-800-766-6779  
Information and local referrals about marijuana addiction and abuse.

**National Drug Information Treatment and Referral Hotline** 1-800-662-HELP

Information, support, treatment options and referrals to local rehab centers for any type of drug or alcohol problem. Operates 24 hours a day, seven days a week.



# SUICIDE PREVENTION

**New Mexico Help Line (Agora)**  
**National Hopeline Network**

1-866-HELP-1-NM  
1-800-SUICIDE

For people who are depressed, suicidal, or concerned about someone they love. Connects callers to a certified crisis center and trained counselors.



## Web Sites

### **Cyberbullying**

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

This site gives kids, teens, parents and educators information on cyberbullying. Great site!

### **Freevibe**

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

Freevibe is a drug information and education campaign for teens. Learn the facts about drugs and drug abuse, speak out, or read other teens' stories about drugs and alcohol.

### **HIV and STD Testing Resources**

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

Enter your zip code and the site will list places nearest you that offer testing sites for HIV and STDs.

### **I Wanna Know**

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

Sponsored by the American Social Health Association, this web site answers all your questions about teen sexual health and sexually transmitted diseases.

### **TeensHealth**

<http://kidshealth.org/teen>

TeensHealth was created for teens looking for honest, accurate information and advice about health, relationships, and growing up. The site offers a safe, private place that's accessible 24-hours a day to get the doctor-approved info you need to understand the changes you or your friends may be going through.

### **TeenHelp**

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

Teen.help is an anonymous support site where anyone can come for help with a problem. The site helps users of all ages and from all walks of life. Their system consists of a staff of over 50 e-mail mentors who are available to answer your questions. They also have a live help system which allows you to talk to their staff members one-on-one. Everything on the site is totally anonymous, and better yet, totally free!

The NM Girls Institute will provide proactive direct services to girls, ages 13-18, that provides girls with a safe and supportive environment to learn about issues and develop skills that will allow them to become successful New Mexico Women.

Our program includes:

- An interactive website with hundreds of resources for youth and those that work with youth. Find us at [www.nmgirlsinstitute.org](http://www.nmgirlsinstitute.org) (more about grants)
- An annual conference for girls that focuses on critical issues, health, leadership, education and financial literacy.
- Leadership in Action Institutes specializing in leadership skills, communication, financial literacy, career development, entrepreneurial skills and civic engagement.
- A coalition of New Mexico based programs that focus on the positive development of teenage girls.
- A Girls Leadership Council that offers guidance and feedback to the Institute.
- Research regarding the status of girls in our state.