

## ALCOHOL

800-527-5344

Alcohol and Drug Helpline

[www.aca-usa.org](http://www.aca-usa.org)

Helpline for finding treatment.

Weekdays, 5 a.m. - 3 p.m.

888-4AL-ANON

888-425-2666

Al-Anon and AlaTeen

[www.al-anon.org](http://www.al-anon.org)

Meeting information. Help for people who have, or know someone who has, a drinking problem.

## DRUGS

800-729-6686 (English)

877-767-8432 (Spanish)

National Clearinghouse for Alcohol and Drug Information (24 hours)

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

Information and referrals.

## SMOKING

800-NO-BUTTS

800-662-8887

California Smokers' Helpline

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

Help with quitting smoking.

## OBESITY

National Center for Chronic Disease Prevention

[www.cdc.gov/nccdphp/dnpa/obesity](http://www.cdc.gov/nccdphp/dnpa/obesity)

Health promotion information and resources.

## HEALTH QUESTIONS

Palo Alto Medical Foundation

"We're Talking" Web site for teens

[www.pamf.org/teen](http://www.pamf.org/teen)

Medically accurate health information. An "Ask the Expert" section provides an opportunity for teens to submit anonymous questions to physicians on a variety of health topics.

Lucile Packard Children's Hospital

Teenage Health Resources Line

888-711-TEEN

888-711-8336

Weekdays, noon to 8 p.m.

Weekends, 8 a.m. - 8 p.m.

Answers to health-related questions.

## GAY/LESBIAN ISSUES

800-246-PRIDE

800-246-7743

LYRIC (Lavender Youth Recreation and Information Center)

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

Free and anonymous hotline provides peer support, health and sexuality information, and referrals to youth callers in California. Monday through Friday, 6:30 - 9 p.m. Tuesdays, 4 - 9 p.m.

PFLAG (Parents, Families and Friends of Lesbians and Gays)

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

Support, education and advocacy. Find a local chapter.

## Hotlines for Teens

These hotlines are provided by the Palo Alto Medical Foundation's (PAMF) teen site, "We're Talking," to help you find quick answers to serious issues you may be facing.

### "We're Talking"

Teen Health Info from PAMF

Drugs & Alcohol

Ask the Expert

Emotions & Life

For Females

For Males

Sexual Health

[www.pamf.org/teen](http://www.pamf.org/teen)



Palo Alto Medical Foundation

A Sutter Health Affiliate

Community Based, Not For Profit

## SUICIDE

800-SUICIDE

800-784-2433

National Suicide Hotline (24 hours)

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

Calls are connected to the nearest crisis center.

## RUNAWAY

800-843-5200

California Youth Crisis Line (24 hours)

California Coalition for Youth

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

Counseling on many issues and referrals to youth needing assistance.

800-RUNAWAY

800-786-2929

National Runaway Switchboard (24 hours)

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

Crisis intervention to work through problems and find a plan of action.

## GRIEF SUPPORT AND EDUCATION

650-321-5272

Kara

[www.kara-grief.org](http://www.kara-grief.org)

Compassionate support to those who are grieving a death or facing a life-threatening illness.

Weekdays, 9 a.m. - 4 p.m.

## DOMESTIC VIOLENCE

800-799-SAFE

800-799-7233

National Domestic Violence Hotline (24 hours)

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

English and Spanish

Crisis intervention, information and referrals.

## RAPE AND SEXUAL ASSAULT

800-656-HOPE

800-656-4673

National Sexual Assault Hotline (24 hours)

RAINN - Rape Abuse & Incest National Network

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

## SELF-INJURY

800-DONT-CUT

800-366-8288

SAFE (Self-Abuse Finally Ends)

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

Not a crisis line. Information about SAFE program.

## DISCRIMINATION

408-279-0111

Anti-Hate Line

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

A service, partnered with the Human Relations Commission, for listening, reporting, and following up on incidences of discrimination and hate crimes.

## SEXUALLY TRANSMITTED DISEASES

800-CDC-INFO

800-232-4636

TTY: 888-232-6348

English and Spanish

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

Information about STDs and referrals.

## SEXUALITY AND RELATIONSHIP INFORMATION

Teenwire

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

Information from Planned Parenthood.

## PREGNANCY

800-230-PLAN

800-230-7526

Planned Parenthood Federation of America

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

Counseling and referral.

888-672-2296

America's Pregnancy Helpline

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

Information on pregnancy options. Special section for teens.

## EATING DISORDERS

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

National Eating Disorders Association

Information on eating disorders and referrals for treatment.