SMOKING
(800)-NO-BUTTS
(800)-662-8887 (English and Spanish)
California Smokers’ Helpline
www.nobutts.org
Free program to help people stop smoking.

OBESITY
National Center for Chronic Disease Prevention and Health Promotion
www.cdc.gov/obesity
Health information and resources.

GAY/LESBIAN ISSUES
(888)-THE-GLNH
(888)-843-4564 (Mon. – Fri. 1 p.m. – 9 p.m.)
Gay, Lesbian, Bisexual and Transgender National Hotline
GLBT National Help Center
www.glnh.org/
Peer-counseling, information and local resources.

PFLAG (Parents, Families and Friends of Lesbians and Gays)
www.pflag.org
Support, education and advocacy with local chapters.

HEALTH QUESTIONS
Palo Alto Medical Foundation
“We’re Talking” website for teens
www.pamf.org/teen
Medically accurate health information.
An “Ask the Expert” section lets teens submit anonymous questions to doctors on a variety of health topics.
SUICIDE
(800)-273-TALK
(800)-273-8255
National Suicide Hotline (24 hours)
National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org/
Calls are connected to the nearest crisis center in your area.

DOMESTIC VIOLENCE
(800)-799-SAFE
(800)-799-7233
The National Domestic Violence Hotline
(24 hours; English and Spanish)
www.thehotline.org/
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
Provides free services and help, as well as referrals.

SELF-INJURY
(800)-DON'T-CUT
(800)-366-8288
S.A.F.E. Alternatives
www.selfinjury.com
Not a crisis line. Information about programs and referrals.

SEXUALLY TRANSMITTED DISEASES
(800)-CDC-INFO
(800)-232-4636 (English and Spanish)
www.cdc.gov/std
Specialists provide health information about STDs.

SEXUALITY AND RELATIONSHIPS
Planned Parenthood Info for Teens
plannedparenthood.org/info-for-teens/
Online chat for information.
(800)-300-1080 (24 hours; English and Spanish)

PREGNANCY
(800)-230-PLAN
(800)-230-7526
Planned Parenthood Federation of America
www.plannedparenthood.org
Counseling and referrals.

RUNAWAY
(800)-843-5200
California Youth Crisis Line (24 hours)
California Coalition for Youth
www.calyouth.org
Counseling on many issues and referrals to youth needing assistance.
(800)-RUNAWAY
(800)-786-2929
National Runaway Safeline (24 hours)
www.1800runaway.org/
Crisis intervention to work through problems and find a plan of action.

SELF-INJURY
(800)-DON'T-CUT
(800)-366-8288
S.A.F.E. Alternatives
www.selfinjury.com
Not a crisis line. Information about programs and referrals.

SEXUALLY TRANSMITTED DISEASES
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SEXUALITY AND RELATIONSHIPS
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plannedparenthood.org/info-for-teens/
Online chat for information.
(800)-300-1080 (24 hours; English and Spanish)

ALCOHOL
(800)-NCA-CALL
(800)-622-2255
Hopeline (24 hours)
National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org/
Helpline for finding treatment.

(888)-4AL-ANON
(888)-425-2666
Al-Anon and AlaTeen
www.al-anon.org
Help for people who have, or know someone who has, a drinking problem.

DRUGS
(800)-662-HELP
(800)-662-4357
Substance Abuse and Mental Health Services Administration
www.samhsa.gov/treatment/
Information on prevention and treatment referrals.