



**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.

**Hotlines  
for Teens**

- WE'RE TALKING  
*Teen Health Info From PAMF*
- GENERAL HEALTH
- TOBACCO
- DRUGS & ALCOHOL
- EMOTIONS & LIFE
- SEXUAL HEALTH & EXPERIENCE



## **SUICIDE**

(800)-273-TALK

(800)-273-8255

National Suicide Hotline (24 hours)

National Suicide Prevention Lifeline

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

Calls are connected to the nearest crisis center in your area.

## **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 Safeline (24 hours)

[www.1800runaway.org/](http://www.1800runaway.org/)

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

## **GRIEF SUPPORT AND EDUCATION**

(650)-321-5272

Kara (Mon.–Thurs. 9 a.m. – 4 p.m.;

Fri. 9 a.m. – 1 p.m.)

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

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

## **EATING DISORDERS**

(800)-931-2237

Helpline (Mon. – Thurs. 9 a.m. – 9 pm;

Fri. 9 a.m. – 5 p.m.)

National Eating Disorders Association

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

Information on eating disorders and referrals for treatment.

## **DOMESTIC VIOLENCE**

(800)-799-SAFE

(800)-799-7233

The National Domestic Violence Hotline

(24 hours; English and Spanish)

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

Provides free services and help, as well as referrals.

## **SELF-INJURY**

(800)-DONT-CUT

(800)-366-8288

S.A.F.E. Alternatives

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

Specialists provide health information about STDs.

## **SEXUALITY AND RELATIONSHIPS**

Planned Parenthood Info for Teens

[plannedparenthood.org/info-for-teens/](http://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](http://www.plannedparenthood.org)

Counseling and referrals.

(866)-942-6466

American Pregnancy Hotline

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

Information on pregnancy and options for teens.

## **ALCOHOL**

(800)-NCA-CALL

(800)-622-2255

Hopeline (24 hours)

National Council on Alcoholism and

Drug Dependence, Inc.

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

Helpline for finding treatment.

(888)-4AL-ANON

(888)-425-2666

Al-Anon and AlaTeen

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

Information on prevention and treatment referrals.