

Resource List for Teens

Below is a list of resources for any needs you may have. Please remember you can always go to your teachers, guidance counselor, school nurse, parents or any trusted adult you have in your life. Reach out for help when you need it.

Substance Abuse

- Children's Hospital – www.ceasar-boston.org / Outpatient treatment. 617-355-2727 and you can check out their program at www.childrenshospital.org
- www.drugabuse.gov
- Alateen (for friends and family members of a substance abuser) 781-843-5300 or 508-366-0556 www.ma-al-anon-alateen.org
- Drug and Alcohol Hotline: 800-327-5050
- Smoking Cessation Info: 800-422-6237
- AA: 617-426-9444 or 508-775-7060
- NA: 617-884-7709
- **Massachusetts Substance Abuse Info and Education Hotline:** 1-800-327-5050 or www.helpline-online.com
- **MA Substance Abuse Info & Education Help Line** – 800-327-5050

Domestic Violence / Rape Crisis / Teen Dating Violence

- Wayside Youth & Family Support Network: 508-478-6888
- New Hope Hotline: 800-323-4673
- Valley Rape Crisis: 800-511-5070
- National Domestic Violence Hotline: 800-799-7233
- Safe Link: 877-785-2020
- Covenant House Nine Line – 800- 999-9999
- Boston Emergency Screening Team – 800-981-HELP
- Norfolk County Advocates for Children:
<http://norfolkadvocatesforchildren.com/downloads/TEEN%20DATING%20VIOLENC E%20RESOURCE%20SHEET.pdf>

Suicide & Self-Injury

- Samariteens Hotline: 800-SOS-TEEN
- Riverside Crisis Team: 800-529-5077
- Samaritans Hotline – 617-247-0220
- Riverside – Norwood 781-769-8674. Multi modal Treatments.
- National Suicide Prevention – 800-276-TALK
- National Hope Line Network – 800 – SUICIDE
- McLean 3East: 877-967-7233 (self-injury)
- Helping Teens who Cut: Understanding and Ending Self-Injury by Michael Hollander

LGBTQ Support

- <http://outmetrowest.org/resources/>
- [http://www.trevorproject.org./](http://www.trevorproject.org/)
- <http://tinyurl.com/hq5bnyz>

Bullying / Sexting

- Medfield's Bullying Prevention & Intervention:
<http://www.medfield.net/district-information/bullying-prevention.html>
- Norfolk County Advocates for Children:
http://norfolkadvocatesforchildren.com/downloads/BULLYING%20AND%20CYBERBULLYING_PARENT%20RESOURCE%20SHEET.pdf
- Norfolk County Advocates for Children:
<http://norfolkadvocatesforchildren.com/downloads/SEXTING%20RESOURCE%20SHEET%20FOR%20PARENTS.pdf>

Eating Disorders

- Massachusetts Eating Disorder Association (MEDA):617-558-1881 or www.medainc.org
- National Eating Disorder Association: 800-931-2237

Parenting Support

- Parents Helping Parents of Massachusetts: 617-926-5008
<http://www.parentshelpingparents.org>

General needs and immediate concerns

- Medfield Youth Outreach –508-359-7121
- Teachers
- Guidance Counselors
- School Nurse
- Any trusted adult

Disclaimer: These suggestions are not endorsements of any of the ideas or products found on this resource sheet. We have not read every document or book recommended on these pages and we are unable to keep up with all the changes being made at every site that we have linked. Furthermore, we take no responsibility for the consequences of any action one might take based upon reading the documents referenced. If one believes a child has a need for professional support, we recommend that the help of a licensed health care professional is sought.