

TOUGH TOPICS FOR TEENS

This guide is intended to connect you to resources that we hope will help when you face difficult issues in your life. You are not alone.

Find all Young Adult Nonfiction in the Adult Nonfiction Section.

Abusive Relationships.....	362.8
Acne/Skin Care.....	616.53;646.72
Alcohol.....	362.292;613.81
Birth Control.....	363.9;613.94
Body Changes/Puberty.....	613.9
Bullying.....	302.3
Cutting/Self Harm.....	616.85
Depression.....	616.8527
Divorce.....	306.89
Drugs.....	362.29;616.86
Eating Disorders.....	616.85
Hair Care.....	646.7
Health.....	613.04243
LGBTQ+.....	306.76
Pregnancy.....	306.874;618.2
Relationships/Dating.....	306.73;646.77
Self-Esteem.....	305.235
Sex.....	613.9
STIs.....	616.95;616.979

Every Question Deserves a Search! information@handleyregional.org



Remember: Librarians are nonjudgmental and want to help you find the info you need, but we understand if there are some things you want to keep private. Don't forget that there is a self-checkout for your convenience.

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SAFE TEEN RESOURCES

Alcoholics Anonymous(*AA.org*) 540-667-0322
Behavioral Health Intake. 540-536-8152
CCAP(*ccapwinc.org*). 540-662-4318
Child Abuse. 800-552-7096
CLEAN, Narcotics Abuse. 540-772-3589
Concern Hotline(*concernhotline.org*). 540-667-0145
Domestic Violence(*thelaurelcenter.org*). . . 540-667-6466
Eating Disorders(*nationaleatingdisorders.org*)*. 800-931-2237
Free Medical Clinic(*sinclairhealthcare.org*). . . 540-536-1680
Health Resources. 211
Mental Health Crisis Hotline. 540-635-4804
Poison & Drug Control. 800-222-1222
Pregnancy/STD Testing(*abbacare.org*). . . 540-722-4844
Rescue Mission(*winrescue.org*). 540-667-5379
Runaway Switchboard(*1800runaway.org*)*. . 800-786-2929
Salvation Army. 540-662-4777
Self-Injury Hotline. 800-366-8388
Sexual Assault Hotline(*rainn.org*)*. 800-656-4673
Suicide Prevention(*suicidepreventionlifeline.org*)*. 800-273-8255
Supportive Housing. 540-665-8900
Valley Work Force(*vcwvalley.com*). 540-545-4146
Winchester Dept. of Health. 540-722-3470
Winc. Dept. of Social Services. 540-955-3807
Winc. Nonemergency Number. 540-662-4131
Youth Development Center(*mydc.org*). . . 540-662-4564

*Resources with available Online Chat and/or
Text Messaging features.

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