





2009

NM Teen Resource Directory



NM Girls Institute
NM Commission on the Status of Women
300 San Mateo Blvd. NE, Suite 101
Albuquerque, NM 87108
505-222-6600
800-432-9168
www.nmgirlsinststitute.org



Every effort has been made to insure the accuracy of all information and resources listed in this publication. In the event of an error or omission, the NM Commission on the Status of Women's responsibility shall be limited to the correction of the error in succeeding editions. Inclusion of resource listings in this publication does not constitute an endorsement on the part of the NM Commission on the Status of Women.

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BODY IMAGE AND EATING DISORDERS

Eating Disorders Help Line 1-800-931-2237
Hours are 9:30am-5:30 p.m. MST. Trained staff members answer questions about eating disorders, offer support for addressing food and body image issues, and provide treatment and counseling referrals.

Referrals to Eating Disorder Specialists
 1-800-736-3739

CRISIS (GENERAL)

Covenant House Nineline 1-800-999-9999
Immediate help in crisis situations, including Operation Home Free which provides transportation home for runaways.

Girls & Boys Town National Hotline 1-800-448-3000
A crisis, resource, and referral line. Call for advice on ANY issue, 24-hours a day, seven days a week. You can also visit www.girlsandboystown.org/hotline to email your questions to a counselor who will respond ASAP or visit the online chat room.

National Runaway Switchboard 1-800-786-2929
Call 1-800-RUNAWAY if you are a teenager who is thinking of running away from home, if you have a friend who has run and is looking for help, or if you are a runaway ready to go home through the Home Free program. This is a 24-hour crisis line that has experienced team members who are ready to help now. It's anonymous, confidential and free.

United Way Teen Help 1-800-637-0701
 ext. 118

UNM Agora Crisis Center 1-866-HELP-1-NM

DOMESTIC VIOLENCE/CHILD ABUSE

National Child Abuse Hotline 1-800-24-A-CHILD

This 24-hour hotline offers crisis counseling on sexual abuse, domestic violence, rape, and missing children, including information and referrals for treatment programs, shelters, and legal assistance.

National Domestic Violence Hotline 1-800-799-7233

En español 1-800-942-6908

TDD/TTY 1-800-787-3224

National Teen Dating Abuse Help 1-866-331-9474

NM Domestic Violence Hotline 1-800-773-3645

EDUCATION

Federal Student Aid 1-800-433-3243

TTY/TDD 1-800-730-8913

Federal Student Aid, a department of the U.S. Department of Education, plays a central role in supporting postsecondary education by providing money or college to eligible students and families.

National Center for Learning Disabilities

1-888-575-7373

The Center provides essential information to parents, professionals and individuals with learning disabilities.

New Mexico Higher Education Dept. 1-800-279-9777

Community resources, preparing for undergraduate programs, and being able to afford a college education.

FAMILY

Child Find of America 1-800-I-AM-LOST

National Hotline for Missing and Exploited Children

1-800-843-5678

A hotline for reporting missing children and sighting missing children. Hours of operation are 5:30am-9:00 p.m. Mountain Standard Time

HEALTH

**CHADD – Children and Adults with Attention Deficit/
Hyperactivity Disorder** 1-800-233-4050

This hotline provides information on support groups and other advocacy resources for children and adults with ADHD.

National HPV and Cervical Cancer Hotline

Self-Injury Hotline 1-800-366-8288

This hotline provides information and treatment referrals for adults and adolescents who engage in deliberate, repeated self-injurious behavior.

INFORMATION– OTHER

Gambling Addiction 1-800-522-4700

24-Hour confidential national hotline associated with the National Council on Problem Gambling.

**NM Girls Institute, a program of the
NM Commission on the Status of Women**

1-800-432-9168

This toll-free number offers information and referrals to community resources. The Commission is open weekdays from 8:00 am to 5:00 pm. Opción española disponible.

RECREATIONAL ACTIVITIES

Boys and Girls Clubs of America 1-800-854-CLUB

Girl Scouts of the Americas 1-800-478-7248

NM American Coed Pageants 505-897-2633

YMCA 1-800-872-9622

SEX AND PREGNANCY

Abortion Information 1-800-772-9100

The hotline is open weekdays from 5am-8pm MST, Saturdays from 6am-3pm and Sundays from 7am-3pm. The hotline answers any questions you may have about abortion, unintended pregnancy, or related issues. The

hotline is free, completely anonymous, and offers services to everyone, regardless of their individual situation.

America's Pregnancy Hotline 1-800-672-2296

This is a national free service provides counseling and information regarding pregnancy options; although counselors do not provide direct referrals to abortion service providers, they will provide referrals to non-profit organizations and community resources.

Birthright 1-800-550-4900

Birthright provides support to girls and women who are distressed by an unplanned pregnancy and offers support and alternatives to abortion. All Birthright services are free, absolutely confidential and available to all women.

Emergency Contraception Hotline 1-888-NOT2LATE

This automated directory provides a listing of doctors, hospitals, and family planning clinics that provide emergency contraception options. Opción española disponible.

Herpes Resource Center 1-800-230-6039

The Center focuses on the increasing education, public awareness and support to anyone concerned about herpes.

National HIV/AIDS Hotline 1-800-232-4636

Confidential 24-hour information and referral hotline sponsored by the Centers for Disease Control and Prevention.

National Sexually Transmitted Disease Hotline

1-800-227-8922

AIDS en español 1-800-344-SIDA

AIDS (TTY/TDD) 1-800-243-7889

This hotline, sponsored by the CDC, provides anonymous, confidential information on the treatment and prevention of sexually transmitted infections and diseases as well as referrals to local testing sites.

Planned Parenthood of USA 1-800-230-PLAN

Services provided: sexual health information and referrals to local contraceptive health services. Opción española disponible.

SEXUAL ASSAULT/ABUSE

National Sexual Assault Hotline 1-800-656-HOPE
Free confidential counseling and support for victims of sexual abuse. Calls are immediately routed to the nearest rape crisis center. Operated by RAINN.

SEXUALITY

Gay and Lesbian National Hotline 1-888-843-4564
Hours are Monday-Friday from 4am-8pm, and Saturday from 10am-3pm MST. This hotline is staffed by trained volunteers who offer counseling services and referrals specific to the gay and lesbian community.

Gay, Lesbian, Bisexual and Transgender Youth Support
 1-800-850-8078

Trevor Helpline for Gay/Lesbian Youth
 1-800-850-8078

This 24-hour crisis hotline is staffed by trained counselors who offer support to gay and lesbian youth on everything from coming out to suicide.

SUBSTANCE ABUSE (DRUGS/ALCOHOL)

Al-Anon 1-800-344-2666
Hope and help for young people who are the relatives and friends of a problem drinker

Alateen 1-888-425-2666
Alateen is a part of Al-Anon, and is a recovery program for young people and includes groups sponsored by Al-Anon members.

Ecstasy Addiction 1-800-468-6933

Marijuana Anonymous 1-800-766-6779
Information and local referrals about marijuana addiction and abuse.

National Cocaine Hotline 1-800-COCAINE
 (262-2463)

National Drug Information Treatment and Referral Hotline 1-800-662-HELP
Information, support, treatment options and referrals to local rehab centers for any type of drug or alcohol problem. Operates 24 hours a day, seven days a week.

SUICIDE PREVENTION

UNM Agora Crisis Center 1-866-HELP-1-NM

National Hopeline Network 1-800-SUICIDE

For people who are depressed, suicidal, or concerned about someone they love. Connects callers to a certified crisis center and trained counselors.

National Spanish-Language Suicide Hotline

24 horas del día 1-800-784-2432

Trevor Helpline for Gay/Lesbian Youth

1-800-850-8078

Specializes in gay and lesbian youth suicide prevention

Web Sites

Cyberbullying

www.stopcyberbullying.org

This site gives kids, teens, parents and educators information on cyberbullying. Great site!

Freevibe

www.freevibe.com

Freevibe is a drug information and education campaign for teens. Learn the facts about drugs and drug abuse, speak out, or read other teens' stories about drugs and alcohol.

girlshealth.gov

www.4girls.gov

This website has a lot of cool information teens can use. The site was created to help girls learn about health, growing up and other issues they may face. It focuses on health topics that you are concerned about and helps motivate you to choose healthy behaviors.

HIV and STD Testing Resources

www.hivtest.org

Enter your zip code and the site will list places nearest you that offer testing sites for HIV and STDs.

I Wanna Know

www.iwannaknow.org

Sponsored by the American Social Health Association, this web site answers all your questions about teen sexual health and sexually transmitted diseases.

TeensHealth

<http://kidshealth.org/teen>

TeensHealth was created for teens looking for honest, accurate information and advice about health, relationships, and growing up. The site offers a safe, private place that's accessible 24-hours a day to get the doctor-approved info you need to understand the changes you or your friends may be going through.

TeenHelp

www.teenhelp.org

Teen.help is an anonymous support site where anyone can come for help with a problem. The site helps users of all ages and from all walks of life. Their system consists of a staff of over 50 e-mail mentors who are available to answer your questions. They also have a live help system which allows you to talk to their staff members one-on-one. Everything on the site is totally anonymous, and better yet, totally free!

The NM Girls Institute will provide proactive direct services to girls, ages 13-18, that provides girls with a safe and supportive environment to learn about issues and develop skills that will allow them to become successful New Mexico Women.

Our program includes:

- An interactive **website** with hundreds of resources for youth and those that work with youth. Find us at www.nmgirlsinstitute.org
- An **annual conference** for girls that focuses on critical issues, health, leadership, education and financial literacy.
- ***Leadership in Action Institutes*** specializing in leadership skills, communication, financial literacy, career development, entrepreneurial skills and civic engagement.
- A **coalition** of New Mexico based programs that focus on the positive development of teenage girls.
- A **Girls Leadership Council** that offers guidance and feedback to the Institute.
- **Research** regarding the status of girls in our state.
- **Information and referrals** for girls through our statewide toll-free number **1-800-432-9168**.





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