IF YOUR FRIEND HAS A PROBLEM

HELP

What to Do

When your friend has a problem because someone is saying or doing something unwelcome that makes you feel uncomfortable or unsafe, you should do the following:

1. Say NO!
2. Get AWAY
3. TELL one of these adults:

HELPFUL TELEPHONE NUMBERS

Emergency................................................. 911
Student Safety Hotline................................. 1-877-676-9854
Anne Arundel County Crisis Response System (Warmline).............. 410-768-5522
Anne Arundel County Crisis Center Hotline (Sexual Assault)............ 410-222-7273
Anne Arundel County Medical Center Emergency......................... 443-481-1200
MD Youth Hotline (24 Hour Hotline).......................... 1-800-422-0009
Baltimore/Washington Medical Center Psychiatric Emergency............. 410-787-4306
Adolescent and Family Services........................................ 410-222-6785
Annapolis Youth Services Bureau.................................... 410-626-1800
Anne Arundel County Department of Social Services................. 410-269-4500
Anne Arundel County Health Department................................. 410-222-7095
Family and Children Services........................................ 410-571-8341
Glen Burnie Mental Health Clinic..................................... 410-222-6784
Pascal Youth and Family Services.................................... 410-975-0067
Youth Suicide Awareness Team................................. www.achoicetolive.com
Crisis Text Line........................................ text 741741

When you have a problem

HELP

What to Do

When you have a problem because someone is saying or doing something unwelcome that makes you feel uncomfortable or unsafe, you should do the following:

1. Say NO!
2. Get AWAY
3. TELL one of these adults:

HELPFUL TELEPHONE NUMBERS

Emergency................................................. 911
Student Safety Hotline................................. 1-877-676-9854
Anne Arundel County Crisis Response System (Warmline).............. 410-768-5522
Anne Arundel County Crisis Center Hotline (Sexual Assault)............ 410-222-7273
Anne Arundel County Medical Center Emergency......................... 443-481-1200
MD Youth Hotline (24 Hour Hotline).......................... 1-800-422-0009
Baltimore/Washington Medical Center Psychiatric Emergency............. 410-787-4306
Adolescent and Family Services........................................ 410-222-6785
Annapolis Youth Services Bureau.................................... 410-626-1800
Anne Arundel County Department of Social Services................. 410-269-4500
Anne Arundel County Health Department................................. 410-222-7095
Family and Children Services........................................ 410-571-8341
Glen Burnie Mental Health Clinic..................................... 410-222-6784
Pascal Youth and Family Services.................................... 410-975-0067
Youth Suicide Awareness Team................................. www.achoicetolive.com
Crisis Text Line........................................ text 741741
IF YOUR FRIEND HAS A PROBLEM

Helpful Telephone Numbers

Emergency .................................................. 911
Student Safety Hotline ......................... 1-877-676-9854
Anne Arundel County Crisis Response System (Warmline) .............. 410-768-5522
Anne Arundel County Crisis Center Hotline (Sexual Assault) .......... 410-222-7273
Anne Arundel Medical Center Emergency .................. 443-481-1200
MD Youth Hotline (24 hour Hotline) .......... 1-800-422-0009
Baltimore/Washington Medical Center Psychiatric Emergency .......... 410-787-4306
Adolescent and Family Services ................ 410-222-6785
Annapolis Youth Services Bureau ............ 410-626-1800
Anne Arundel County Department of Social Services................. Annapolis 410-269-4500
Glen Burnie .......... Glen Burnie Mental Health Clinic .............. 410-222-6784
Pascal Youth and Family Services ............... 410-975-0067
Youth Suicide Awareness Team .............. www.achoicetolive.com
Crisis Text Line .............................................. text 741741

When your friend has a problem

When you have a problem

When you have a problem

What to Do

When you have a problem because someone is saying or doing something unwelcome that makes you feel uncomfortable or unsafe, you should do the following:

1. Say NO!
2. Get AWAY
3. TELL one of these adults:

If Your Friend Has a Problem

1. You may notice some changes in your friend
   • wanting to be alone
   • acting moody or angry
   • showing no interest in things that used to be enjoyable
2. Try to get your friend to talk to you.
3. Listen
   • let your friend do the talking
   • be calm and serious
   • don’t criticize
4. Share Feelings
   • try to put yourself in your friend’s place
   • let your friend know you care
5. Get Help
   • try to get your friend to talk to someone whose judgement is respected, such as a parent, teacher, counselor, or relative
   • talk to your parents, teachers, or a counselor if your friend has a serious problem and is unwilling to get help