

Helplines



If you are in immediate danger: ___911
Department of Child Services: ___1-800-800-5556
St. Vincent 24/7 Stress Line: ___ 317-338-4800 option 2
Community Health Crisis Line: ___ 317-621-5700 option 2

The National Suicide Hotline is a crisis line that anyone can call or text. They are non-judgmental, and available 24/7. Call or text 988.



Scan for more information!



The Trevor Project has Crisis Support for LGBTQIA+ individuals.

To talk to a trained counselor:
Text: START to 678-678
Call: 1-866-488-7386
Or, go to their website to chat.

Scan for more info!

Whatsok.org offers a chat helpline that can help answer questions about boundaries, sexuality, and supporting your friends. Trained counselors are available daily, and the conversations are confidential. Scan the code to find out more!



Contact us

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Teen
Resources and
Information



facebook.com/cherishcac



[@cherish_cac](https://www.instagram.com/cherish_cac)



www.cherishcac.org

Healthy Relationships



Love is Respect is a resource where you can find information on healthy relationships and boundaries.

Mental Health

Seize the Awkard is a resource that can help you navigate your own mental health and how to check in on friends.



Substance Abuse

The National Teen Drug Helpline can be a support if you or someone you know is struggling with substances, such as vapes, drugs or alcohol, in a judgement-free way. Scan the QR code for more information.



Internet Safety

Tech and internet are integrated into almost every area of our lives. Here are some resources to help you make the most informed decisions when it comes to your usage!



Cherish's website offers helpful information about safety when it comes to devices. Scan to learn more about sexting, staying safe online, and different apps.

NoFiltr also gives you a place to share your experience and offer support to other teens



NoFiltr is a website made by teens for teens. "We have all encountered things online that have made us uncomfortable. Let's talk about how to navigate them." Scan the QR code to learn more.

Teen Dating Violence

Teen Dating Violence usually includes some combination of physical, emotional, sexual, technological abuse and stalking. Scan this QR code to get more information about teen dating violence from Cherish.



Teen Dating Violence Month gives information about different kinds of violence, support, and how to talk to your caregiver. Scan the QR code to connect to their website.



UNDERSTANDING CONSENT



- F**reely Given
- R**eversible
- I**nformed
- E**nthusiastic
- S**pecific