

TAKE A STAND FOR HEALTHY RELATIONSHIPS

Resources for Teens: Where to Get Help

Thankfully, if you know a teen in need of help because they are witnessing domestic violence or experiencing dating violence themselves, there are many resources available nationwide.

Local:

The best course of action is to connect the teen with your local domestic violence program. If you do not have a relationship with your local program already, consider forging one. You can locate information about your local program through your state coalition ([find yours here](#)), by calling the National Domestic Violence Hotline at 1-866-799-7233 (SAFE), or finding the one closest to you via [NCADV's state domestic violence fact sheets](#).

If these resources do not work for you, or if there is no domestic violence program in your area, there are many national resources available that can help.

Who to Call

National Dating Abuse Helpline:

Call 1-866-331-9474, chat online at loveisrespect.org, or text "loveis" to 22522, any time, 24/7/365.

Loveisrespect.org is the premier resource for teens and their loved ones when it comes to dating abuse. The helpline operates 24 hours a day, 7 days a week, and offers translation services. If the teen seeking help isn't comfortable talking on the phone they can chat with a peer advocate by simply texting the organization. Check out their helpful website for more information: www.loveisrespect.org.

The National Domestic Violence Hotline:

Call 1-800-799-7233 or visit their website at www.thehotline.org to chat with an advocate online or learn more about their services.

The National Domestic Violence hotline serves survivors and their families navigating the realities of abuse. They offer resources such as crisis intervention, safety planning, information, and referrals to services in your area.

National Sexual Assault Hotline:

Call 1-800-656-4673 or visit their website at www.rainn.org.

RAINN is the nation's largest anti-sexual violence organization and serve to help survivors, educate the public, improve public policy, and provide consulting services.

National Suicide Prevention Lifeline:

Call 1-800-273-8255 (TALK) or visit their website at www.suicidepreventionlifeline.org.

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.



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Helpful Sites:

NCADV hosts a number of resources on its Take A Stand for Healthy Relationships website. [Click here](#) to access those.

Other helpful sites include:

Break The Cycle: www.breakthecycle.org

Advocates for Youth: www.advocatesforyouth.org

Futures without Violence: www.futureswithoutviolence.org

Lessons From Literature: www.lessonsfromliterature.org

That's Not Cool: www.thatsnotcool.com

A Thin Line: www.athinline.org

The Trevor Project – Crisis & Suicide Prevention Lifeline for LGBTQ Youth:
www.thetrevorproject.org/, 1-866-488-7386

National Runaway Safeline: www.1800runaway.org, 1-800-786-2929

