HOTLINES:

Teen Line (Teens Helping Teens)
Call 1-800-852-8336 or 1-310-855-4673 (9:00 p.m.-1:00 a.m.), text TEEN to 839863 (9:00 p.m.-1:00 a.m.) or visit https://teenlineonline.org. If you have a problem or just want to talk with another teen who understands, then this is the right place for you. No problem is too small, too large, or too shocking for the Teen Line volunteers.

Your Life Your Voice
Call 1-800-448-3000 (24/7), text VOICE to 20121 (5:00 p.m.-2:00 a.m.) or visit www.yourlifeyourvoice.org. Call, chat, text or email if you're depressed, contemplating suicide, being physically or sexually abused, on the run, addicted, threatened by gang violence, fighting with a friend or parent, or if you're faced with an overwhelming challenge.

Crisis Call Center
Call 1-775-784-8090 (24/7), text ANSWER to 839863 or visit crisiscallcenter.org to provide a safe, non-judgmental source of support for individuals in any type of crisis.

Crisis Text Line
Text HOME to 741741 (24/7) or visit cristextline.org to help people move from a hot moment to cool calm, guiding you to create a plan to stay safe and healthy. YOU = our priority.

HELP WITH SPECIFIC SITUATIONS:

American Pregnancy Hotline
Call (24/7) 1-866-942-6466 or visit www.thehelpline.org.

Disaster Distress Hotline
Call (24/7) 1-800-985-5990 or text TALKWITHUS to 66746.

The GLBT National Help Center
Call (24/7) 1-800-246-7743 or visit glbthotline.org.

Love Is Respect
Call 1-866-331-9474 (24/7), text LOVEIS to 22522 or visit www.loveisrespect.org to engage, educate and empower young people to prevent and end abusive relationships.

The National Suicide Prevention Lifeline
Call 1-800-273-8255 (24/7).

RAINN (Rape and Battery Hotline)
Call 1-800-656-4673 (24/7) or visit www.rainn.org.

Trevor Line (for LGBTQIA)
Call 1-866-488-7386 (24/7) or text TREVOR to 1-202-304-1200 on Wednesdays and Fridays between 3:00 and 9:00 p.m. or visit www.thetrevorproject.org.

Sexual Assault Support Services
Call 1-775-221-7600.

Gender-Neutral Bathrooms for Transgender Users
Visit www.refugerestrooms.org/about or www.safebathrooms.club/

Montgomery County Youth Resource Center
Call 937-496-7987 for a one stop shop for all available local resources.

Samaritan Crisis Care
Call 937-224-4646 for heroin treatment, rehab, or detox.

Get Help Now Montgomery County App
(Free to download) Free connection to local addiction, mental health services and more.
FICTIONAL BOOKS THAT DEAL WITH TOUGH TOPICS:

Born Scared by Kevin Brooks
Tap Out by Eric Devine
Tricks by Ellen Hopkins
The Truth About Alice by Jennifer Mathieu
The 57 Bus by Dashka Slater
Dear Martin by Nic Stone
Po'nt by Brandy Colbert
Looking for Group by Rory Harrison
Mercy Rule by Tom Leveen
This is Where It Ends by Marieke Nijkamp
The Hate U Give by Angie Thomas

MORE BOOKS

Even When You Lie to Me by Jessica Alcott
Saints and Misfits by S.K. Ali
The Wicker King by Kayla Ancrum
Far From the Tree by Robin Benway
Project Semicolon: Your Story
Isn’t Over by Amy Bleuel
Lovely, Dark, and Deep by Justina Chen
I Like You Like This by Heather Cumiskey
Thicker Than Water by Kelly Fiore
Love and Other Carnivorous Plants by Florence Gonsalves
The You I’ve Never Known by Ellen Hopkins
The Gospel of Winter by Brendan Kiely
Butter by Erin Jade Lange

If you’re dealing with something difficult, or you know someone who is, you may not feel comfortable talking about it. These call numbers will guide you to books in our collection that might be helpful, and you can check them out yourself.

If you DO want to talk to someone, find a trusted adult – a relative, teacher, school counselor – or use the hotline numbers we’ve provided here. Please know there are people who care and there is information that can help.

Abortion…363.46
Abuse…362.76
Abusive Relationships…362.829
Adoption/Foster Care…362.73
Alcohol…362.292
Anger Management…152.47
Birth Control…613.943
Bullying…302.34
Criminal Justice…365
Cutting/Self-Harm…616.8582
Depression…616.8527
Death/Grief…155.937
Divorce…306.89/306.893
Drugs…362.29/616.86
Eating Disorders…616.8526

Health/Hygiene…613
LGBTQIA…306.76
Mental/Behavioral
Pregnancy…306.8743/618.24
Puberty…613.04243
Racism…305.8
Sex…306.73
Sexism…305.42
Self-Esteem…158.1
STDs…616.951
Stress…155.904
Suicide…362.28