

HOTLINES for Students

Police/Fire/Emergency	911
California Youth Crisis Line	800-843-5200
24-7 Teen Line	888-247-7717
Chat for Teen	www.BillWilsonCenter.org
National Suicide Hotline	800-SUICIDE (784-2433)
Poison Center	800-222-1222
National Runaway Switchboard	800-621-4000
SAFE Ride	877-753-7433
Rape Hotline	408-287-3000 or 650-493-7273
CHAC (Community Health Awareness Council)	650-965-2020
Planned Parenthood	650-948-0807
National Association of Anorexia Nervosa & Associated Disorders	630-577-1330
BRAVE 24-Hour Hotline (for kids who are bullied)	212-709-3222
Safe (Self Abuse Finally Ends)	800-273-8255
Teen Hotline (Drugs)	650-579-0353
Child Protective Services (CPS)	408-299-2071
Bill Wilson Center	Main Number 408-243-0222 Crisis Number 408-850-6125
Outlet Program (gay/lesbian)	650-965-2020 ext. 122
Gay Youth Hotline	800-246-7743
Billy De Frank Gay & Lesbian Center	408-293-4525
KARA (grief support)	650-321-5272
Community Service Agency (CSA)	650-968-0836
Crisis Hotline	408-850-6125
Support Network for Battered Women	800-572-2782

App that may be downloaded for free to iPhone or iPad. App is designed to help teens and young adults cope with anxiety:

<https://appsto.re/us/zwi1L.i>

Informative Youtube video on depression:

www.youtube.com/watch?v=XiCrniLQGYc

Muscle tension/relaxation:

<https://www.youtube.com/watch?v=HFwCKKa--18>

Meditation:

<https://www.youtube.com/watch?v=Jyy0ra2WcQQ>

https://www.youtube.com/watch?v=8_jcEpwKQXc

<http://www.youtube.com/watch?v=bhqU531xSN0>

Negative thinking:

<https://www.youtube.com/watch?v=EPWpV064K24>

Imagery:

<https://www.youtube.com/watch?v=1iRd45dirYk>

<http://youtu.be/6vO1wPAmiMQ>

<http://youtu.be/w0w7ikJuzGs>