If Your Friend Has A Problem

HELP

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:
   - a parent, teacher, counselor, or relative
   - a friend 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

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 Mental Health Clinic........................................410-421-8500
Annapolis County Health Department.................................410-222-7095
Family and Children Services.................................410-571-8341
Glen Burnie Youth and Family Services.................................410-222-6784
Pascal Youth and Family Services.................................410-975-0067
Youth Suicide Awareness Team ........................................www.achoicetolive.com
Crisis Text Line........................................text 741741

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**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
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**Division of Student Services**

410-222-5280

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