

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
1-800-422-0009
- 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..... 410-421-8500
- Anne Arundel County Health Department..... 410-222-7095
- Family and Children Services..... 410-571-8341
- Glen Burnie Mental Health Clinic 410-222-6784
- Pascal Youth and Family Services 410-975-0067
- Youth Suicide Awareness Team www.achoiceolive.com

WHEN YOU HAVE A PROBLEM

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:

WHEN YOU HAVE A PROBLEM

WHEN YOUR FRIEND HAS A PROBLEM

HELP
What to Do



ANNE ARUNDEL
COUNTY PUBLIC SCHOOLS

Division of
Student Services
410-222-5280

AACPS - Division of Student Support Services
Office of School Counseling - DPS/JH 2795/18 (Rev. 8/13)NS

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
 - talk to your parents, teachers, or a counselor if your friend has a serious problem and is unwilling to get help

IF YOUR FRIEND HAS A PROBLEM