

HELPFUL TELEPHONE NUMBERS

Emergency.....	911
Student Safety Hotline.....	1-877-676-9854
Anne Arundel County Crisis Response System (<i>Warmline</i>).....	410-768-5522
Anne Arundel County Crisis Center Hotline (<i>Sexual Assault</i>).....	410-222-7273 1-800-422-0009
Anne Arundel Medical Center Emergency.....	443-481-1200
MD Youth Hotline (<i>24 hour Hotline</i>)....	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.achoicetolive.com
Crisis Text Line.....	text 741741

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

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:

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