### When you have a problem

#### When your friend has a problem

**HELP**

**What to Do**

When you have a problem because someone is saying or doing something **unwelcome** or **unsafe**, you should do the following:

1. **Say NO!**
2. **Get AWAY**
3. **TELL** one of these adults:
   - Anne Arundel Medical Center
   - Anne Arundel County Health Department
   - Family and Children Services
   - Glen Burnie Mental Health Clinic
   - Youth Suicide Awareness Team

### Helpful Telephone Numbers

**Emergency**..........................................................911
**Student Safety Hotline**.................................1-877-676-9854
**Anne Arundel County Crisis Response System (Warmline)**...........410-787-4306
**Anne Arundel County Crisis Center Emergency (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**.................410-296-4500
**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

### 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
HELP
When you have a problem

HELP What to Do

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:

HELPful Telephone Numbers

Emergency ..................................................911
Student Safety Hotline ............................1-877-676-9854
Anne Arundel County Crisis Response Hotline ..............................410-626-1800
Anne Arundel County Crisis Response System (Warmline) ........410-787-4306
Anne Arundel County Center for School Mental Health ....410-222-7095
Anne Arundel County Department of Social Services ........410-269-4500
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 Your Friend Has a Problem

When you have a problem

HELP What to Do

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:

HELPful Telephone Numbers

Emergency ..................................................911
Student Safety Hotline ............................1-877-676-9854
Anne Arundel County Crisis Response Hotline ..............................410-626-1800
Anne Arundel County Crisis Response System (Warmline) ........410-787-4306
Anne Arundel County Center for School Mental Health ....410-222-7095
Anne Arundel County Department of Social Services ........410-269-4500
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

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

HELPful Telephone Numbers

Emergency ..................................................911
Student Safety Hotline ............................1-877-676-9854
Anne Arundel County Crisis Response Hotline ..............................410-626-1800
Anne Arundel County Crisis Response System (Warmline) ........410-787-4306
Anne Arundel County Center for School Mental Health ....410-222-7095
Anne Arundel County Department of Social Services ........410-269-4500
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