HEALING WITHIN TRANSFORMATION CENTER™

HEAL. PURPOSE. TRANSFORMATION.™

TEENS, YOUTH & BABIES RESOURCE GUIDE

Every child deserves a safe, healthy and nurturing start in life.
Support is available for teens, youth and babies.

You are not alone. Help is here. ♥

NEED IMMEDIATE HELP?

Call or Text 988
Suicide & Crisis Lifeline
24/7 support for you or someone you care about.

Crisis Text Line
Text HOME to 741741
Free, 24/7 support for teens and youth in crisis.

Childhelp National Child Abuse Hotline
1-800-4-A-CHILD (1-800-422-4453)
24/7 help for children and families.

TEEN & YOUTH SUPPORT (Ages 10–24)

MENTAL HEALTH & EMOTIONAL SUPPORT

- Teen Line – 6pm–10pm PT
  800-852-8336
- The Trevor Project
  Pro Life Support
  1-877-543-7905
- NAMI HelpLine
  1-800-950-6264

EDUCATION & FUTURE PLANNING

- Youth.gov
  Resources for education, jobs & volunteering
- 21st Century Community Learning Centers
  Find afterschool & summer programs in your area.
  afterschool.gov

JOBS & EMPLOYMENT RESOURCES

- My Next Move
  Explore careers & plan for your future.
  mynextmove.org
- Job Corps
  Free education & job training for ages 16–24.
  1-800-733-5627

SAFETY & LEGAL HELP

- Runaway Safeline
  1-800-RUNAWAY
  (786-2929)
- National Youth Advocacy Hotline
  1-800-392-3738

BABIES & EARLY CHILDHOOD SUPPORT

SUPPORT DURING PREGNANCY

- National Maternal Mental Health Hotline
  1-833-852-6262
- Option Line
  Pregnancy Support
  1-800-712-HELP
  (4357)
  optionline.org

WIC PROGRAM

- Nutrition assistance for pregnant women, new moms & young children.

  Find WIC in your area:
  1-800-942-3678
  (FNS-3678)
  or wic.usda.gov

EARLY CHILDHOOD PROGRAMS

- Head Start
  Early learning & family support services.
  1-866-763-6481
  headstart.gov
- Child Care Aware
  1-800-424-2246

HEALTH & DEVELOPMENT

- CDC Developmental Milestones
  cdc.gov/ncbddd/actearly
- Find local pediatric resources:
  healthcare.gov

BASIC NEEDS & FAMILY SUPPORT

FOOD ASSISTANCE

- SNAP (Food Stamps)
  1-800-221-5689
- Find local food pantries:
  feedingamerica.org

HOUSING HELP

- Find local housing assistance through your state or county housing agency.
  hud.gov/local

CLOTHING & ESSENTIALS

- Find free clothing, diapers, baby items & school supplies:
  211.org

FAMILY SUPPORT PROGRAMS

- Temporary Assistance for Needy Families (TANF)
  1-877-541-7905
- Child Care Assistance:
  Contact your state human services office.

TIPS FOR PARENTS & CAREGIVERS

- Talk openly and listen without judgment.
- Know the signs of stress, anxiety and depression in teens.
- Ask for help when you need it.
- You are not alone.
- Build a support system—family, friends, and community.
- Stay informed about local programs and school resources.

FOR MORE LOCAL HELP

- Dial 211 or visit 211.org
- Enter your ZIP code to find local resources near you.

YOU MATTER. YOU HAVE PURPOSE.

There is hope for today and a brighter future for tomorrow. Keep believing. Keep growing. Keep going. ♥

SCRIPTURE FOCUS

"Train up a child in the way he should go; and when he is old, he will not depart from it."
– PROVERBS 22:6 (NKJV)