

APPENDIX E:

Resources for More Information and/or Counseling

The following is a listing of key resources. Your own community may have additional resources. **If you are experiencing a medical emergency, are in danger, or are feeling suicidal, call 911 immediately.**

NYC Phone and Online Resources

311 – Call 311, or visit 311online, New York City’s main source of government information, search features and links to medical and health service providers, social services, and other information including:

- HIV testing for teens – free and confidential
- Family planning services, emergency contraception, and reproductive healthcare
- Many other services

LIFENET: Call 1-800-LIFENET (1-800-543-3638) A free, confidential, multi-lingual, mental health and substance abuse information, referral, and crisis prevention hotline available to anyone at any time. Your call will be answered by a trained behavioral health professional.

NYC TEEN – Search “NYC TEEN” Online resource where teens can learn about dealing with peer pressure, bullying and dating violence as well as depression, and anger. Do you have questions about preventing pregnancy or sexually transmitted infections? Learn the facts so you can decide what to do as well as where to find free and low-cost clinics for health care, including sexual health care.

HITE (Health Information Tool for Empowerment) <http://hitesite.org>. Referral information for hundreds of social and medical service agencies throughout the city.

GLSEN (Gay, Lesbian & Straight Education Network) Search “GLSEN.” Online educational resources from organization that strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.

Safe Haven: Call 1-877-796-HOPE (1-877-796-4673) Abandoned baby prevention services. Confidential. It is legal to leave your unharmed baby at a Safe Haven. www.amtchildrenofhope.com

Telephone Hotlines (toll-free)

Centers for Disease Control and Prevention (CDC), National STD/AIDS Hotline

English: 1-800-CDC-INFO (1-800-232-4636)

Spanish: 1-800-344-7432

New York State HIV Counseling Hotline

1-800-872-2777

New York State HIV Information Hotline

English: 1-800-541-2437

Spanish: 1-800-233-SIDA

NYC Department of Health AIDS Helpline

1-800-TALK-HIV or 311