

SUBSTANCE ABUSE

killing your buzz...
saving your life...

SMART Recovery Teen & Youth Support Program

www.smartrecovery.org/teens

SMART Recovery is a self-help program that offers a place where teens can get together to try to look into and change behaviors that hurt themselves and others like smoking, drinking, fighting and using drugs, to name a few.

Casa-Trinity

24/7 Peer Hotline: 607.378.7476 Call or text.

www.casa-trinity.org 607.737.5215

911 Stowell St. Elmira, NY 14901

The clinic offers prevention, evaluation, referrals, treatment, and relapse prevention for substance use disorders.

Substance Abuse and Mental Health Services Administration National Helpline

www.samhsa.gov/find-help/national-helpline 800.662.4357

SAMHSA's National helpline is a free, confidential, 24/7, 365-day-a-year treatment referral service (English and Spanish) for individuals and families facing mental and/or substance use disorders.

Al-Anon & AlaTeen

www.al-anon.alateen.org 888.425.2666

Friends and families of problem drinkers find support at Al-Anon meetings. AlaTeen is specifically for teenagers whose lives have been affected by someone else's drinking.

Alcoholics Anonymous (AA)

www.aa.org 866.783.7712

AA is open to those trying to recover from alcoholism and provides a place to share experiences, strength and hope with each other so that people may solve their common problem and help others.

Narcotics Anonymous (NA)

www.na.org 800.627.3543

NA is open to all drug addicts, and provides a recovery process and peer support network that is linked together to help anyone struggling with a drug addiction.

Chemung County Youth Bureau

www.chemungyouth.com

The Youth Bureau hosts events for teens throughout the year. They also have programs for summer employment. Check out the site for more info!

HEALTH

they have answers,
and they're pro.

Planned Parenthood of Greater New York Elmira Health Center

www.plannedparenthood.org 607.734.3313

Provides STD/STI testing, pregnancy services, education, and men's and women's healthcare. Appointments can be made online.

Chemung County Health Department STD/HIV Clinic

www.chemungcountyhealth.org/std-hiv 607.737.2028

103 Washington St. Elmira, NY 14901

The clinic offers free, confidential testing for STDs and HIV to anyone over the age of 12. An appointment must be scheduled using the above number.

Southern Tier Pregnancy Resource Center

www.stprc.org call 607.732.2111 or text 607.398.0707

The Southern Tier PRC provides free and confidential services including pregnancy tests, limited obstetric ultrasound to confirm a pregnancy, options education, sexual health information, healthy relationship education, post abortion and sexual abuse support, and long-term support through parenting education and material assistance, along with referrals and information on community resources. Appointments can be made by text or phone call. Office hours are 9a-5p Mon - Thurs. Open to all ages, under 12 will involve parents/guardians.

TRAFFICKED + EXPLOITED YOUTH

you deserve better.
you always
deserved better

Chemung County Children's Advocacy Center

304 Hoffman St. Elmira, NY 607.737.8446

The CAC provides a trauma-informed, child-friendly setting that is physically and psychologically safe for children of all ages. Together, CAC staff work with our collaborative partners to safeguard the affected child from future abuse and support their path towards emotional healing and recovery.

Safe Harbour-Children's Integrated Services

951 Hoffman St. Elmira, NY 607.481.3963

Available 24/7. Provides help for human trafficking (labor or sex) victims who are under age 18.

LGBTQ

people who
get it.

Teen Safezones

<https://www.chemungcountyny.gov> and search "safezones"

Fun activities and support for LGBTQ+ teens and allies. Open to Chemung County teens entering grades 7-12. Visit website for more information.

The GLBT National Youth Talkline

www.glbthotline.org help@GLBThotline.org 800.246.7743

Provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States. Provides support for parents as well. Available M-F 4pm to 12am, Sat. 12pm-5pm for those ages 25 and younger. Chat available.

LGBTQ Program of Family Counseling Service of the Finger Lakes, Inc.

www.fcsfl.org/lgbtq-program

Online support groups provide a safe place for individuals and families regardless of sexual orientation, gender identity, or expression.

Trans Lifeline

www.translifeline.org 877.565.8860

Trans Lifeline provides trans peer support that connects trans people to the community, support, and resources they need to survive and thrive. They also have a Family and Friends hotline for people supporting the trans person in their life. Just call the hotline ask for the Family and Friends line.

The Trevor Project

www.thetrevorproject.org 866.488.7386

Text START to 678678

Helpline for Lesbian, Gay, Bisexual, Transgender, and Questioning youth in crisis or thinking about suicide. They also provide support resources for educators and parents. Online chat also available.

Southern Finger Lakes Pride

www.corningpride.org SoFLXPride@gmail.com

Corning Pride supports the well-being of our Southern Tier LGBTQ+ youth and their loved ones by connecting them with affirming resources, advancing community acceptance through education, and providing opportunities for inclusive celebration. Queer Youth Group Ages 13-17 at Southeast Steuben Library Tuesdays 3-4:30 starting September 2023.

DATING + SEXUAL VIOLENCE

love shouldn't
hurt like this.

Survivor Support Services

(formerly Sexual Assault Resource Center)

Planned Parenthood of Greater New York

1.866.307.4086

24/7 Hotline provides support & assistance to all survivors (and their loved ones) of sexual violence regardless of gender, age, sexual orientation, or gender identity.

National Teen Dating Abuse Helpline

www.loveisrespect.org 1.866.331.9474

Text LOVEIS to 22522

Speak with advocates trained in domestic violence; speak or chat online with peer advocates from 4 p.m. to midnight.

US National Domestic Violence Hotline

www.thehotline.org 1.800.799.7233 TTY 1.800.787.3224

Text START to 88788

Open 24/7 and free, the Hotline provides immediate support. Advocates offer compassionate support, crisis intervention information, and referral services. Online chat also available. Search the "Get Help" section of the site for more info about local resources.

Need help removing inappropriate photos someone shared of you online?

www.takeitdown.ncmec.org

If you need help for yourself or a friend to remove an inappropriate photo that was shared online, get more information at this site. Info about how to report images on many different apps is available.

MY SAFE PEOPLE

A FRIEND I CAN TALK TO:

AN ADULT I CAN TALK TO:

Don't have time for all this?

CALL 211

→ They'll be able to put you in touch with someone.



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POCKET GUIDE

to local help
for youth

**FOR
Chemung County, NY**



AIR Chemung Youth Clubhouse

www.facebook.com/chemungairyc 607.738.6932

clubhouse@casa-trinity.org

456 E. Church St. Elmira, NY 14901

The Clubhouse is youth focused and youth driven and provides a safe, friendly, fostering space for youth ages 12-17 in Chemung County. Youth members help plan fun activities and go on outings. Check Facebook for hours/outings. The Clubhouse provides transportation to youth who need it, contact to set up.

Teen space @ Steele Memorial Library

www.cclid.lib.ny.us/teens 607.737.5080

101 E. Church St. Elmira, NY 14901

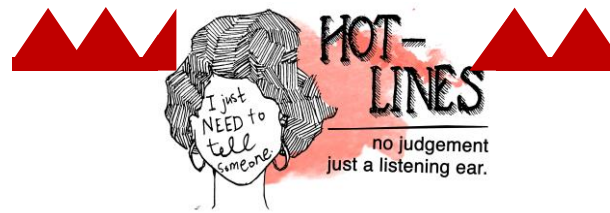
The teen space at the library is open when the library is open M-Th 9am to 9pm and F 9am to 5pm. They have computers, roku TVs, books, and a comfortable place to hang out. They also hold events which can be found on the website.

BIPOC Mental Health

There are many organizations dedicated to addressing the mental health needs of the BIPOC community (too many to list in this guide, so here are a few!)

Look up each organization to find more information!

[Asian American Health Initiative](#). [Asian Mental Health Collective](#). [AAKOMA Project](#). [Black Emotional and Mental Health Collective](#). [Black Girls Smile](#). [Black Mental Health Alliance](#). [Black Mental Wellness](#). [The Boris Lawrence Henson Foundation](#). [Center for Black Women's Wellness](#). [Center for Native American Youth](#). [Eustress](#). [Latinx Therapy](#). [MANA: A National Latina Organization](#). [National Alliance for Hispanic Health](#). [National Queer and Trans People of Color Network](#). [Pretty Brown Girls](#). [South Asian Mental Health Alliance](#). [Therapy for Black Girls](#). [TherapyForBlackMen.org](#). [Therapy for Latinx](#). [WeRNative](#).



National Human Trafficking Hotline

1.888.3737.888

www.traffickingresourcecenter.org Text **HELP** or **INFO** to 233733

If you or someone you know has experienced human trafficking or is in a potential human trafficking situation, call this hotline for help and services.

National Runaway Safeline

800.RUN.AWAY (1.800.786.2929)

www.1800runaway.org

The Switchboard offers counseling, resources, shelter, food, and will contact your family or get you a bus ticket home if that is what you want to do. Chat is available online.

988 Suicide & Crisis Lifeline

CALL 988

www.988lifeline.org

The 988 Suicide & Crisis Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Online chat also available. Many resources available on the site.

Crisis Text Line

TEXT HOME TO 741741

www.crisistextline.org

Crisis Text Line provides free, 24/7 mental health support via text message or chat on the site. Message on Whatsapp also available.

Teen Line

800.852.8336

www.teenlineonline.org Text **TEEN** to 839863

Teen Line provides support, resources, and hope to young people through a hotline of professionally trained teen counselors. Calling available 9pm to 1am. Texting available 9pm to 12am.

Your Life Your Voice

800.448.3000

www.yourlifeyourvoice.org Text **VOICE** to 20121

A 24/7 crisis, resource, and referral number available for teens. A mobile mood tracker app is available. Email available on the site.

Mental Health Crisis-Chemung County

607.442.6900

A 24/7 crisis hotline and community mental health crisis response team. Provides telephone and face to face outreach, evaluations, and links to community-based services.

7 Cups

www.7cups.com or download the app

Chat available for ages 13-17. Chat with trained listeners when you need to talk to someone and be heard. Community forums are also available. Moderated.

a quick refresh of THE BASICS

EXPLOITATION Taking advantage of someone or treating them unfairly for personal benefit or gain.

HUMAN TRAFFICKING

Labor Trafficking: Labor for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery induced through the use of force, fraud, or coercion.

Sex Trafficking: A commercial sex act induced through the use of force, fraud, or coercion in return for payment in money or in kind, paid to one or more third parties. In cases of trafficking of people under the age of 18 for sexual purposes, force, fraud or coercion do not need to be present.

FORCE Physical Restraint, Beatings, Rape, Confinement

FRAUD False Promises, Lying, Tricking, Withholding Wages

COERCION Threats, Blackmail

COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN

Sexual abuse of a child (under the age of 18) by another person in return for something of value. CSEC includes child pornography, trafficking in children for sexual purposes, child sex tourism and child marriage when payment is exchanged.

SEXUAL ASSAULT Sexual contact or behavior that occurs without explicit consent of the victim.

RAPE Penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim. Rape is a crime that is motivated by power and control.

CONSENT When someone agrees, gives permission, or says "yes" to sexual activity with other persons. Consent is always freely given and all people in a sexual situation must feel that they are able to say "yes" or "no" or stop the sexual activity at any point. There are three main considerations in judging whether or not a sexual act is consensual or is a crime. Both people are: 1) old enough to consent, 2) have the capacity to consent, and 3) agreed to the sexual contact.

SAFETY PLANNING Brainstorming ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and making decisions about your next steps.

Report Online Child Sexual Exploitation CYBERTIPLINE.ORG

Use the CyberTipline to report online child sexual exploitation, including images, even if you sent them yourself. This tipline can connect you with experts best suited to help you have an image removed from a site or app. You can report without sharing your name or even report for a friend if they need help.