



SUBSTANCE ABUSE

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

Adolescent Substance Abuse Knowledge Base

866.870.6948
Putting you in touch with local treatment options.

Central California Recovery

(559) 681-1947
A certified substance abuse outpatient program for ages 12 and over. Accepts Medi-Cal.

West Care

(559) 264-4800 www.westcare.com
Provides outpatient chemical dependency recovery program for adolescents. Accepts Medi-Cal.

Al-Anon & AlaTeen

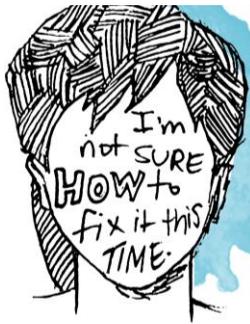
888.425.2666 ✉ www.al-anon.alateen.org
Friends and families of problem drinkers find support at Al-Anon meetings. AlaTeen is specifically for teenagers whose lives have been affected by someone else's drinking.

Alcoholics Anonymous (AA)

866.783.7712 ✉ www.aa.org
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)

800.627.3543 ✉ www.na.org
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.



HEALTH

they have answers,
and they're pro.

Community Health Center

(559) 499-1690 1047 R St., Fresno, CA 93721
Community Health Center provides education, counseling and treatment services to men, women, and teens of reproductive age at risk for unintended pregnancy and sexually transmitted infections. We provide high standard, confidential, and comprehensive medical services to low-income, uninsured and underinsured adults and adolescents. No teen will be turned away.

Fresno County Department of Public Health

(559) 600-3200 1221 Fulton Mall, Fresno, CA 93721
The department of public health provides a variety of services, including immunizations, clinical testing, services for pregnant women, HIV prevention and education.

Children's Mental Health

(559) 600-8918 or (559) 600-6760 (Crisis)
Children's Crisis Assessment Intervention Resolution Center is an outpatient crisis intervention program that provides treatment to prevent hospitalization. CCAIR is open 365 days a year, 24 hours a day, providing a safe setting for the management and resolution of urgent psychiatric matters.

CDC National STD

1-800-232-4636
Information, referrals, and printed materials about sexually transmitted disease and HIV/AIDS provided at no cost.

Fresno Barrios Unidos

(559) 453-9662
Barrios operates a youth health center, which provides FREE confidential sexual reproductive health services for youth ages 12-24.

National Suicide Prevention Lifeline

1-800-273-8255 (Hotline)
A free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you. You can call for yourself or someone you care about.

Pregnancy Care Center

(559) 237-0683 Call or text
Offers confidential pregnancy services free of charge.



LGBTQ

people who
get it.

Fresno Rainbow Pride Youth Alliance

(559) 266-LINK (5465)
A group for gay, lesbian, bisexual, transgendered, and questioning youth, offering a safe and substance free environment to be yourself, express concerns, and discuss issues that affect your life.

GLBT National Youth Talk Line

800-246-PRIDE (7743)
Providing free and confidential telephone and internet peer-counseling, informational and local resources for gay, lesbian, bisexual, transgender, and questioning callers throughout the United States.



TRAFFICKED + EXPLOITED YOUTH

you deserve better.
you always
deserved better

Central Valley Justice Coalition

(559) 725-1865
CVJC is a faith-based organization committed to ending human trafficking in the Central Valley. We can connect youth and adults to resources specifically designed for those affected by human trafficking.

Breaking the Chains

(888) 858-2021
Provides services for women and girls affected by human trafficking, including case management and groups for youth.



DATING + SEXUAL VIOLENCE

love shouldn't
hurt like this.

Marjaree Mason Center

1-800-640-0633 (24 Hotline)
Victims of domestic violence can drop by the Marjaree Mason Center or contact the hotline to receive help keeping safe in a potentially dangerous situation.

Rape Counseling Services Fresno

(559) 222-7273 (Hotline)
RCS is the only rape crisis center in Fresno County. Advocates provide confidential trauma informed 24 hour rape crisis intervention, crisis counseling, advocacy, accompaniment and court advocacy for survivors of sexual assault and family violence. **If the victim is under the age of 18, by law, RCS is require to report to the local law enforcement.**

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.



a

POCKET GUIDE

to local help
for youth

**FOR
Fresno, CA**



SAFE SPACE

a place to
catch your breath

Sanctuary Youth Shelter

2336 Calaveras St., Fresno, CA 93721 1-800-820-4968
www.fresnoeoc.org/safe-place

Provides youth, 11-17 years of age, access to immediate help and safety through a network of sites. Services include immediate intervention, supportive services, and referrals to the Sanctuary Youth Shelter. Look for the yellow and black diamond-shaped "Safe Place" signs, or board any FAX bus and inform the driver you need a "Safe Place."

Central Valley Against Human Trafficking

(559) 263-1379

Central Valley Against Human Trafficking (CVAHT) Central Valley Against Human Trafficking (CVAHT) provides awareness, training, technical assistance, and advocacy about human trafficking and trafficking-related issues. Through Sanctuary and Youth Services' other programs, emergency shelter, transitional housing, case management, transportation, referrals, and other assistance is provided to victims of all forms of human trafficking.

Fresno Street Saints

(559) 478-5700 1345 W. Eden Avenue, Fresno, Ca 93706
After school enrichment and homework help provided five days a week.

Project STEALTH

(559) 621-2120

The Fresno Police Chaplaincy offers a weekly gathering at its drop-in center, where youth can play sports, games, study, eat, and connect with chaplains and mentors.

Live Again Fresno

(559) 294-1390

Providing a safe place for children and youth on Fresno's Parkway Drive. Students can hang out, do homework, and explore a variety of activities.



HOT- LINES

no judgement
just a listening ear.

National Human Trafficking Resource Center

1.888.3737.888

www.traffickingresourcecenter.org

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.

Runaway/Homeless Youth Hotline

800.999.9999 The Nine Line

800.999.9915 TTY Line

www.nineline.org

Offers a hotline from 2pm-12am for anyone who wants to talk or needs someone to listen.

National Runaway Switchboard

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.

The Trevor Project

866.488.7386

www.thetrevorproject.org

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

California Youth Crisis Line

1-800-843-5200

www.youthcrisisline.org

CYCL is a statewide, toll free, 24-hour, confidential Hotline available to teens and young adults ages 12-24 and/or any adults supporting youth. CYCL is also an immediate, reliable link between youth and local services, helping find youth-serving medical clinics, on-going counseling services, homeless youth shelters, and more throughout California.

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.