




2023-24 STUDENT HEALTH RESOURCES FOR CHARTER SCHOOL STUDENTS



If you or your friends are looking for community resources, remember that your principal, school social workers, school nurse, or school counselors are always a great place to start. They can connect you to help and tell you more about programs at your school or in the community. Also check out the resources on this handout, organized by topic area.

ALCOHOL, TOBACCO & OTHER DRUGS

The District of Columbia offers three locations where young people can go to seek help for a drug or alcohol issue. Learn more about the Drug or Alcohol Treatment Services for Teens and Young Adults at dbh.dc.gov/node/107042 or contact a provider directly below.

PROVIDER	ADDRESS	TELEPHONE	WARD
 Hillcrest Children's Center: Clinical services in a confidential, caring environment.	915 Rhode Island Ave. NW	(202) 232-6100	4
 Latin American Youth Center: Bilingual counseling services are provided to ages 12-21.	1419 Columbia Rd. NW	(202) 319-2225	1
 Federal City Recovery Services: Offers residential treatment for youth.	316 F St. NE, Suite 118	(202) 710-1850	6



DRUG FREE YOUTH DC

Learn the facts about commonly abused drugs in DC, local laws on drug use, and local drug prevention and treatment resources. More information at drugfreeyouthdc.com.



DISTRICT OF COLUMBIA QUITLINE

Contact 1-800-QUIT-NOW to speak to a trained youth counselor and receive FREE resources to help you quit smoking.

EMOTIONAL HEALTH



DC DEPARTMENT OF BEHAVIORAL HEALTH

Youth Access Helpline: 1-888-793-4357

This is a 24/7 line for help or ongoing care. You aren't alone. You can also ask a teacher if your school has a mental health program available to you.



CHILD & ADOLESCENT MOBILE PSYCHIATRIC SERVICES (ChAMPS)

(202) 481-1440

Local emergency response for children and youth ages 6 to 17 who are having a mental health crisis and need immediate in-person services. Provides 24/7, free support for youth considering suicide.



TREVOR PROJECT

1-866-488-7386 | thetrevorproject.org/get-help

Suicide help and resources tailored to lesbian, gay, bisexual, transgender, queer and questioning students. Available 24/7 by phone, text or online chat.

SEXUAL HEALTH

SEX IS...

SEX IS DC

sexisdcc.org

Every District high school student can get free condoms, lube, and dental dams at their school or mailed to their home. Visit the Sex Is... website for more resources.



METRO TEEN AIDS – WHITMAN WALKER HEALTH

twitter.com/realtalkdc | whitman-walker.org

Free condoms, testing, referrals, events, and drop-in center. You can also call (202) 745-7000 to learn more.

LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUESTIONING AND ALLIES



DC MAYOR'S OFFICE OF LESBIAN, GAY, BISEXUAL, TRANSGENDER AND QUESTIONING AFFAIRS

communityaffairs.dc.gov/molgbtqa

The Mayor's Office of LGBTQ Affairs works to empower young LGBTQ community leaders, and provide resources for LGBTQ students. Call (202) 727-9493 to learn more.



SUPPORTING AND MENTORING YOUTH ADVOCATES AND LEADERS (SMYAL)

smyal.org

SMYAL is the District's primary LGBTQ youth-serving organization. Stop by for social events, support groups, testing, and more!

DATING AND NEIGHBORHOOD VIOLENCE



DC METROPOLITAN POLICE DEPT (MPD)

mpdc.dc.gov

DC MPD is on your side! Visit their website or ask a school resource officer for more information and resources about gangs.



MEN CAN STOP RAPE (MCSR)

mcsr.org/mostclub

Promote healthy masculinity at your school! Men of Strength Clubs provide an opportunity to have honest conversations on what it means to be a "real" man.



OFFICE OF NEIGHBORHOOD SAFETY AND ENGAGEMENT- DC VICTIM HOTLINE

1-844-443-5732 | dcvictim.org

If you or a loved one are the victim of a violent crime, call the DC Victim Hotline any day or time for support and resources.

VIOLENCE & BULLYING



STOPBULLYING.GOV

stopbullying.gov

This free online resource offers tons of information on what to do if you or a friend are being bullied at school—including ideas on how to make your school a safer place for all.



DPR ROVING LEADERS

dpr.dc.gov/service/dpr-roving-leaders

Roving leaders work in your school and neighborhood to make them safer places. Call (202) 698-2250 for more info.

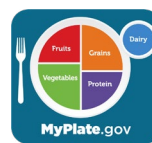
NUTRITION AND PHYSICAL ACTIVITY



DC DEPARTMENT OF PARKS AND REC (DPR)

dpr.dc.gov

The Office of Teen Programs offers programs specifically for teens. These include Teen Nights Out, Supreme Teen Clubs, Youth Council, community service projects, sports, leadership development and other fun recreational events.



MYPLATE

choosemyplate.gov

Make sure your meals and snacks are both delicious and good for you!

