

## Youth Phone Book - Hotlines

### **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**

The National Suicide Prevention Lifeline is a 24-hour suicide prevention service available to anyone in suicidal crisis. If you feel you might be in danger of hurting yourself, call the Lifeline.

### **National Runaway Switchboard: 1-800-RUNAWAY**

Call the National Runaway Switchboard if you are a teenager who is thinking of running from home, if you have a friend who has run and is looking for help, or if you are a runaway ready to go home.

### **Iowa Sexual Abuse Hotline: 1-800-284-7821**

The Iowa Sexual Abuse Hotline is a 24-hour crisis line providing support, information and referral services to survivors of sexual abuse, as well as significant others, friends and family in the state of Iowa. The hotline is staffed by trained sexual assault advocates. Advocates can provide a safe space to talk, supportive listening and information about services across the state. All services are free, confidential and available to women, children and men.

### **Riverview Center, Inc (Local Rape Crisis Center) Crisis Hotline : 1-888-557-0310**

Riverview Center, Inc. is a agency that provides free, comprehensive, prevention and intervention services to individuals who have experienced sexual violence or their non-offending others. Riverview Center, Inc provides services for Dubuque, Delaware, and Buchanan Counties.

### **Teen Health Line: 1-800-443-8336**

If you are a teen and you just are not sure who to talk to about health, eating/weight, relations with parents or friends, violence, AIDS/HIV, alcohol or drug use, sexual relationships, birth control/pregnancy, stress, or sexually transmitted diseases call the Teen Health Line.

### **Youth Law Hotline: 1-800-728-1172**

Anyone living in Iowa who is under the age of 18 can call the Youth Law Hotline to get free legal advice and information regarding issues affecting youth rights and responsibilities.