



SUBSTANCE ABUSE

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

Choices Substance Abuse Treatment Clinic
315.446.6250 ext. 371 <https://elmcrest.org/children-and-families/services-children-foster-care/residential-onoff-campus-programs/substance-abuse-treatment/>
Substance abuse treatment program for adolescents and young adults.

Al-Anon & AlaTeen
315.471.0191 www.syracuseais.com
Friends and families of problem drinkers find support at Al-Anon meetings. AlaTeen is specifically for teenagers, ages 12-18, whose lives have been affected by someone else's drinking.

Tully Hill Chemical Dependency Treatment Center
315.696.6114 <https://www.tullyhill.com/>
Provides inpatient and outpatient rehabilitation services for youth ages 16+ as well as medically supervised detoxification for youth ages 17+.

Conifer Park
315.453.3911 <http://www.coniferpark.com>
A private, inpatient chemical dependency treatment facility which offers comprehensive services for the treatment of alcoholism and substance abuse.

Syracuse Recovery Services
315.475.1771 <https://www.srsrecovery.org/>
Provides counseling services for both alcohol and drug rehabilitation. Offers both individual and group sessions for youth ages 17+.



HEALTH

they have answers,
and they're pro.

Planned Parenthood
315.475.5540 www.plannedparenthood.org/health-center
Information and resources covering sexual and reproductive health.

The STD Center of OCHD
315.435.3236 www.ongov.net/health/STD.html
Provides free and confidential STD testing and treatment.

Family Planning Service of OCHD
315.435.3295 www.ongov.net/health/familyPlanning.html
Confidential reproductive healthcare, education and social services for women and men in need of family planning care.

ACR Health
315.475.2430 <http://www.acrhealth.org>
Provides a range of support services to individuals with chronic diseases, including HIV/AIDS, diabetes, heart disease, obesity, asthma, substance use disorders, and serious mental illnesses.

Upstate Golisano Children's Hospital
315.464.5437 www.upstate.edu/gch
Provides health services to children of all ages with resources such as a doctor's office and an emergency room.

Syracuse Community Health Center
315.448.5111 www.sjhsyr.org
A community-based health center providing health services to individuals of all ages with resources such as a doctor's office and walk-in care.

St. Joseph's Hospital Health Care Center
315.448.5111 www.sjhsyr.org
Provides health services to individuals of all ages with resources such as a doctor's office and an emergency room.

Upstate University Hospital – Community Campus
315.492.5011 www.upstate.edu/community
Provides health services to individuals of all ages with resources such as a doctor's office and an emergency room.

Crouse Hospital
315.470.7111 www.crouse.org
Provides health services to individuals of all ages with resources such as a doctor's office and an emergency room.

ARISE Child & Family Service, Inc.
315.472.3171 www.ariseinc.org
A designated non-residential Independent Living Center where services are available to people of all ages, and with all types of disabilities.



TRAFFICKED + EXPLOITED YOUTH

you deserve better.
you always
deserved better

McMahon Ryan Child Advocacy Center Human Trafficking Program
315.218.1966 www.mcmahonryan.org
Provides a confidential and safe space to help youth access emergency shelter, medical care, mental health counseling and financial assistance.

Love146
203.824.8348 connect@love146.org
Love146 works to end child trafficking-don't hesitate to contact us if you believe you or someone you know is being trafficked, or may be at risk of trafficking.



LGBTQ

people who
get it.

The Q Center
315.701.2431 www.acrhealth.org/youth/the-q-center
A safe place for LGBTQ youth and allies to gather and promote equality, celebrate diversity, and create a safer more accepting community for all.

GLBT National Youth Talkline
800.246.7743 www.glbthotline.org/talkline.html
Provides telephone, online private one-to-one chat and email support, as well as factual information and local resources for cities and towns across the United States.



DATING + SEXUAL VIOLENCE

love shouldn't
hurt like this.

Vera House, Inc.
24-Hour Crisis and Support Line: 315.468.3260 www.verahouse.org
Advocacy, counseling and support services for people of all genders who experience dating or sexual violence or abuse. All ages

National Sexual Assault Hotline
800.656.4673 <https://www.rainn.org>
If you or someone you know has experienced sexual assault or dating violence, call this number to speak with someone who can help.

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

**SYRACUSE
EDITION**



SAFE SPACE

a place to
catch your breath

Booth House-Salvation Army

800.660.6999

A short-term co-ed emergency shelter for runaway and homeless youth.

Boys and Girls Clubs of Syracuse

www.bgcsyracuse.org

Offers programs in health and life skills, sports, fitness, recreation, education and career skills, and character and leadership skills.

The CanTeen

315.699.1391 □ www.canteency.com

Offers a safe place for teens, in 8th-12th grade, to hang out after school.

Northside CYO

315.474.7428 □ www.ccoc.us/services/capacity-building-services

Provides programming for youth both after-school and throughout the summer.

Southwest Community Center

315.474.6823 □ www.smnfswcc.org

Offers programs for youth throughout the school year and summer months. Also provides a food pantry and fresh food give-away for individuals in need.

Eastside Neighborhood Center

315.472.6727 □ www.ccoc.us/services/capacity-building-services

Provides programming for youth both after-school and throughout the summer.

The Mary Nelson Youth Center

315.422.2761 □ www.youthdaybarbecue.com

Offers an afterschool program, including educational activities, tutoring, and mental health services, for youth ages 8-18 years.

Transitional Apartments and Parenting Center

315.479.1330 □ <http://syracuse.ny.salvationarmy.org/SyracuseNY/YouthShelters>

Provides long-term transitional housing for pregnant and parenting adolescent girls, ages 16-21 years, and their children.

Mercy Works

315.435.6934 □ www.vcsyracuse.com

Safe haven for youth ages 10-21 providing free programs including Robotics, Coding, Entrepreneurship and internships for high school and college students.

Huntington Family Center

315.476.3157 □ www.huntingtonfamilycenters.org

Offers an afterschool program, summer day camp and teen program which provide hands on/educational activities, tutoring, and crisis intervention services to youth ages 5-18.



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.

New York State Child Abuse Hotline

800.342.3720

ocfs.ny.gov/main/cps

Call if you suspect or are aware of child abuse including physical abuse, sexual abuse, child maltreatment, and neglect.

Onondaga County Suicide Prevention Coalition

315.251.0600

onondagasuicideprevention.com

If you or someone you know has thoughts of suicide please call this number. Confidential, anonymous, free 24-hour telephone and online counseling, suicide prevention, and crisis counseling. Text HOME to 741741 for free 24/7 crisis and suicide counseling.

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.