

**YOUR  
VOICES &  
CHOICES  
MATTER.**



Teens across Shelby County will get the help they need from programs and services designed using student feedback from the SCS Youth Risk Behavior Survey.

If you or a friend need help making healthy choices, or just want information, here are some phone/text numbers and websites.

Remember - you can always talk to your parents or guardians, school nurse, counselor, health teacher, or another adult who you trust at school if you or a friend need help on these or any other issues:

- Depression or Anxiety
- Self-Harm or Suicide
- Violence & Safety
- Bullying & Safe Spaces
- Alcohol or Drug Use
- Tobacco or E-cig Use
- Sexual Risk Behaviors

## IN CRISIS:

**Memphis Crisis Center**  
901-274-7477

**Shelby Co. Crime Victims  
&  
Rape Crisis Center**  
901-222-3950

**TN Mental Health  
Emergency Line**  
855-CRISIS-1  
(855-274-7471)

**Self-Harm Crisis Text Line**  
Text "CONNECT" to 741741

**Find a Safe Place**  
Text "SAFE" & your current  
location (city/state/zip) to  
4HELP  
(44357)

## LGBTQ RESOURCES:

**OUTMemphis**  
901-278-6422  
outmemphis.org

**The Trevor Project Lifeline  
Crisis Intervention  
& Suicide Prevention**  
1-866-488-7386  
Text "START" to 678678

## SAFETY:

**SCS Safe Schools - Text  
"CRIMES" to 274637 or visit  
tipsubmit.com**  
to anonymously report bullying,  
campus crime, & concerns for  
a peer's safety (start text with  
"SCS")

**SCS Gang Resistance for  
Saving Society's Youth  
(G.R.A.S.S.Y.) Program**  
901-416-6295

**Memphis & Shelby Co.  
Family Safety Center**  
24-hour Domestic Violence  
Hotline  
901-249-7611  
familysafetycenter.org

**Bullying Prevention &  
Resources**  
stopbullying.gov

**Teen Dating Abuse Helpline**  
866-331-9474  
Text "LOVEis" to 22522  
loveisrespect.org

## MENTAL HEALTH:

**SCS Mental Health Center**  
(901) 416-8484

**National Suicide Prevention  
Lifeline**  
1-800-273-TALK (8255) or  
Text "TN" to 741741

## SEXUAL HEALTH RESOURCES:

**SCS Health Clinics**  
901-531-6321

**Shelby Co. Health  
Department**  
Packer STD/HIV Clinic  
901-222-9385

For other nearby HIV/STD  
testing sites, text your zip  
code to KNOWIT (566948)

## ALCOHOL, DRUG, & TOBACCO USE

**Tennessee Addiction  
Services**  
1-800-889-9789

**National Helpline**  
1-800-662-HELP (4357)  
teens.drugabuse.gov

**Tennessee Tobacco  
Quitline**  
1-800-QUIT-NOW  
(1-800-784-8669)

