

## Need to Know!

### **Nineline**

**1-800-999-9999**

When something big is bothering you or if you feel like you're in trouble or in danger and have no one to turn to, call the Nineline. That's the National Youth Crisis Helpline. The number's easy to remember, the call is free, and help is available 24/7.

### **Teen Health Info**

**[www.pamf.org/teen](http://www.pamf.org/teen)**

This Web site for teens can help you find quick answers from experts to some of the serious issues you may be facing. There is also information on help hotlines for drug or alcohol use, eating disorders, cutting, and other tough problems.

## **Being confused is part of life, and it can happen every time there's an unexpected shift from what you're used to.**

It's not necessarily a bad thing, it just depends on what's causing the confusion and whether you're dealing with everyday challenges or something really serious. Making decisions when you're confused is hardly ever a good idea. That's especially true when you're feeling overwhelmed, scared, or hopeless.

### **When you're not sure what to do, it's good to remember to:**

- 1. STOP**
- 2. CALM DOWN**
- 3. THINK ABOUT WHAT YOU WANT**

**And ask for help when you need it. That's a real sign of strength.**