**TEEN HELP CARD**

*When you need a helping hand.*

**ALLEGAN COUNTY**

**RAPE & SEXUAL ASSAULT**
- Allegan County Sheriff's Office: 911 or 269-673-3899
- Center For Women In Transition: 269-673-2299
- Sexual Assault Program-YWCA: 269-345-2869

**SHELTER/RUNNING AWAY**
- THE ARK: 800-473-8365
- Bridge For Runaways: 616-451-3001
- National Runaway Hotline: 800-786-2929
- Sylvia's Place Domestic Assault Shelter: 269-673-8700

**SUICIDE**
- Allegan Co. Community Mental Health: 800-795-6617
- Allegan County Sheriff's Office: 911 or 269-673-3899
- Allegan General Hospital: 269-673-8424
- Suicide Hotline: 800-744-2433

**SUPPORT GROUPS**
- Barnabas Ministries: 269-686-7703
- Greater Holland Youth For Christ: 616-392-1479
- Kalamazoo Gay & Lesbian Resource Ctr: 269-349-4234
- Michigan Self-Help Clearinghouse: 800-777-3566
- Youth For Christ/Lifeline: 616-477-9460

**TRANSPORTATION**
- Allegan County Transportation: 269-673-4229 or 877-786-2287

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This card was developed by the Responding to Adolescent Problems (RAP) Task Force and was made possible by Allegan County Community Mental Health, Allegan Tech Center - New Media Program, and PJ Printing, Inc.

January 2008