

TOUGH TOPICS GUIDE

Find all Young Adult Nonfiction books in
the Adult Nonfiction section.

| | |
|----------------------------|-----------------|
| Abusive Relationships..... | 362.8 |
| Alcohol..... | 362.292;613.81 |
| Anxiety..... | 152.4;616.88 |
| Birth Control | 613.94 |
| Body Changes/Puberty | 613.9 |
| Bullying..... | 302.3 |
| Cutting/Self Harm..... | 616.85 |
| Depression..... | 616.8527;618.92 |
| Divorce..... | 306.89 |
| Drugs..... | 362.29;616.86 |
| Eating Disorders..... | 616.85 |
| Grief..... | 155.9 |
| Health..... | 613.04243 |
| LGBTQ+ | 306.76 |
| Pregnancy | 306.874;618.2 |
| Relationships/Dating..... | 306.73;646.77 |
| Self-Esteem..... | 155.5;305.235 |
| Sex..... | 613.9 |
| STIs..... | 616.95;616.979 |
| Suicide | 362.28;616.8527 |



**HANDLEY REGIONAL
LIBRARY SYSTEM**
WINCHESTER • FREDERICK CO. • CLARKE CO.

This guide is intended to connect you to resources that we hope will help when you face difficult issues in your life. You are not alone.

Every Question Deserves a Search! information@handleyregional.org

Remember: Librarians are nonjudgmental and want to help you find the info you need, but we understand if there are some things you prefer to keep private. Don't forget there are self-checkout machines throughout the building to use.

SAFE RESOURCES GUIDE

| | |
|--|--------------|
| Alcoholics Anonymous (<i>AA.org</i>). | 540-667-0322 |
| Behavioral Health Intake. | 540-536-8152 |
| CCAP (<i>ccapwinc.org</i>). | 540-662-4318 |
| Child Abuse Prevention. | 800-552-7096 |
| Concern Hotline (<i>concernhotline.org</i>). | 540-667-0145 |
| Domestic Violence (<i>thelaurelcenter.org</i>). | 540-667-6466 |
| Eating Disorders (<i>nationaleatingdisorders.org</i>)*. | 800-931-2237 |
| Free Medical Clinic (<i>sinclairhealthclinic.org</i>). | 540-536-1680 |
| Health Resources. | 211 |
| Mental Health Crisis Hotline. | 540-635-4804 |
| Poison & Drug Control. | 800-222-1222 |
| Pregnancy Support (<i>abbacare.org</i>). | 540-665-9660 |
| Rescue Mission (<i>winrescue.org</i>). | 540-667-5379 |
| Runaway Switchboard (<i>1800runaway.org</i>)*. | 800-786-2929 |
| Salvation Army. | 540-662-4777 |
| Self-Injury Hotline. | 800-366-8388 |
| Sexual Assault Hotline (<i>rainn.org</i>)*. | 800-656-4673 |
| STI Testing (<i>aidsresponseeffort.org</i>). | 540-536-5940 |
| Suicide Prevention(<i>suicidepreventionlifeline.org</i>)*. | 800-273-8255 |
| Supportive Housing. | 540-665-8900 |
| Valley Work Force (<i>vcwvalley.com</i>). | 540-545-4146 |
| Winchester Dept. of Health. | 540-722-3470 |
| Winc. Dept. of Social Services. | 540-662-3807 |
| Winc. Non-Emergency Number. | 540-662-4131 |

**For more local supportive resources,
scan here to view the United Way
Community Directory:**



*Resources with available Online Chat and/or
Text Messaging features.