



### Emergency Resources

**teen CONTACT 972-233-TEEN**  
24/7 confidential, free help line  
**[www.CityHouse.org](http://www.CityHouse.org) 972-423-7217**  
Offers free outpatient counseling  
Also has emergency shelter for teens  
(can call free from any QT gas station)

## Our Favorite Websites

### General Child and Adolescent Health

[www.youngwomenshealth.org](http://www.youngwomenshealth.org) or [www.youngmenshealthsite.org](http://www.youngmenshealthsite.org) Age-appropriate, quality health information on nutrition, physical health, emotions, and sexuality from Children's Hospital Boston.

[www.girlshealth.gov](http://www.girlshealth.gov) Resource for girls on topics such as nutrition, puberty, and bullying.

[www.kidshealth.org](http://www.kidshealth.org) Information from the Nemours Foundation for parents, kids, teens.

[www.aap.org/stress](http://www.aap.org/stress) Strategies for parents and teens, create a personalized stress management plan.

[www.bam.gov](http://www.bam.gov) (Body and Mind) Games, puzzles, activities for boys and girls ages 9-13.

[www.sleepfoundation.org](http://www.sleepfoundation.org) and [www.sleepforkids.org](http://www.sleepforkids.org) Sleep science and sleep problems.

### Nutrition, Weight, and Body Image

[www.campaignforrealbeauty.com](http://www.campaignforrealbeauty.com) Encourages girls' self-esteem and self-acceptance. Powerfully persuasive film clips, interactive tools, workshops, and guides for moms and mentors.

[www.mypyramid.gov](http://www.mypyramid.gov), [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov), and [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) Offers a personal eating plan with the foods and amounts that are right for you. [MyPyramid Tracker](http://www.mypyramidtracker.gov) offers a detailed assessment of food intake and physical activity level.

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) Resources on eating disorders and body image.

[www.TheElisaProject.org](http://www.TheElisaProject.org) Dallas-based nonprofit for eating disorders prevention, education.

### Mental Health, Social Health, and Safety

[www.teencontact.org](http://www.teencontact.org) **972-233-TEEN** 24-hour help line responds to the concerns of teens in the midst of a crisis or conflict in a confidential, nonjudgemental manner.

[www.cdc.gov/healthyyouth/yrbs](http://www.cdc.gov/healthyyouth/yrbs) Results from the Youth Risk Behavior Survey leading causes of death, disability, and social problems among youth and adults in the United States. Includes information ranging from dietary patterns to sexuality and drug use.

[www.cybertipline.com](http://www.cybertipline.com) National Center for Missing and Exploited Children site for reporting attempts by strangers to contact you, meet you in person, or send anything making you uneasy.

[www.thecoolspot.gov](http://www.thecoolspot.gov) Young teen's place information on alcohol and resisting peer pressure.

[www.namesdohurt.com](http://www.namesdohurt.com) Advice on preventing and responding to bullying.

[www.family.samhsa.gov](http://www.family.samhsa.gov) Information and advice for parents and teens on mental health and behavioral issues, including responding to and preventing mental illness and drug use.

### Healthy Relationships and Responsible Sexuality

[www.boyfriendsweb.com](http://www.boyfriendsweb.com) Documentary on teen relationships (with support materials for parents and teens written by Dr. Sugerman) for local PBS station KERA in Dallas.

[www.advocatesforyouth.org](http://www.advocatesforyouth.org) Great information for parents, teens, educators, physicians, and advocates. Encourages responsible decisions about reproductive and sexual health.

[www.loveisnotabuse.com](http://www.loveisnotabuse.com) Information and resources to help prevent and get help for interpersonal relationship violence.

Susan Sugerman, MD, MPH, FAAP, FSAM  
17300 Preston Road, Suite 160  
Tel: 972.733.6565

Dana Rubin-Remer, MD, FAAP, FSAM  
Dallas, TX 75252  
Fax: 972-733-6564