

# HELP!

**Alcoholics Anonymous**  
**847.688.2190**

\*Hotline for those who  
are suffering from alcoholic  
related problems

**Community Crisis Center**  
**847.742.4057**

\*Center provided for families  
in need of counseling, shelter,  
or medical attention

**Emotions Anonymous**  
**708.383.0200**

\*Hotline that gives counseling  
to those suffering from emotional  
instability

**Highland Park Hospital Center  
For Eating Disorders**  
**847.480.3720**

\*Nationally recognized center for  
people with eating disorders which  
provides counseling, medical attention,  
and treatment

**Sexual Abuse Intervention  
Network (SAIN)**  
**847.623.8866**

\*Provides information and  
care for sexually abused people

**Community Youth Network**  
**847.548.6000**

\*Service provided for teens who  
need assistance with counseling  
or advice

**Lake County Center Against  
Sexual Assault/The Zacharias  
Center**  
**847.872.7799**

\*Provides counseling, prevention  
and medical attention to sexually  
assaulted people

**National Runaway  
Switchboard**  
**800.621.4000**

\*Number to call to place  
information about runaways or to  
search for a runaway

**Response Center Counseling  
and Health Services**  
**847.676.0078**

\*Center provides FREE  
counseling, medical attention,  
pregnancy/STD testing, and more

**Brought To You By  
The JKB Leadership  
Organization**



## INFO CENTRAL

You or a friend or loved one may be in a situation and feel hopeless or confused about what to do. There are many people out there who want to help. You don't have to do it alone. Please call or visit the Web sites listed below. All the numbers are toll free—you can call from home or from a pay phone and it won't cost you anything. If you don't get the kind of help you want or need with the first phone call or visit, please try again. Remember: Keep Hope Alive!

### Substance Abuse

If you suspect that you may be drinking too much and you don't know what to do, call the National Council on Alcoholism and Drug Dependency Hopeline ..... **I-800-NCA-CALL**

If you are worried about a family member or friend who drinks too much and are not sure how you can help, call Al-Anon/Alateen ..... **I-800-356-9996**

If you or a friend are using illegal drugs or abusing any drug and you don't know whom to talk to, call ..... **I-800-662-4357**

For information about drugs, alcohol, and tobacco call:

The American Council for Drug Education ..... **I-800-488-DRUG**

The American Lung Association ..... **I-800-LUNG-USA**

Cocaine Anonymous National Referral Line ..... **I-800-347-8998**

You may also want to visit these Web sites for more information:

Marijuana Anonymous: ..... <http://www.marijuana-anonymous.org/>

Cocaine Anonymous World Services: ..... <http://www.ca.org/>

Narcotics Anonymous: ..... <http://www.wsoinc.com>

Comprehensive Addiction Programs Inc.: ..... <http://www.helpfinders.com>

Partnership for a Drug-Free America: ..... <http://www.drugfreeamerica.org/>

### Eating Disorders

If you suspect that you or one of your friends may have anorexia, bulimia, or an overeating disorder and you want to get help, call the National Youth Crisis Hotline (for referral not counseling) ..... **I-800-448-4663**

You may want to visit these Web sites for more information:

Eating Disorder Recovery Online: ..... <http://www.edrecovery.com>

Anorexia Nervosa and Related Eating Disorders Inc.: ..... <http://www.anred.com/>

