

Recursos Españoles

Departamento de salud del condado Granville (693-2141)

*Cheques de presión arterial, inmunizaciones, control de natalidad, cuidado durante el embarazo, pruebas de enfermedades sexuales y SIDA, y WIC.*

**Familias que viven libres de la Violencia** Crisis y Apoyo (690-9660)

*Ayuda y apoyo para la gente afectada por violencia doméstica y asalto sexual.*

**KidsHealth** [www.kidshealth.org](http://www.kidshealth.org)

*Información sobre la salud de jóvenes y niños.*

**Nat'l AIDS & STD Hotline** (800-344-SIDA)

*Información sobre el SIDA y enfermedades sexuales.*

**Nat'l Campaign to Prevent Teen Pregnancy** [www.teenpregnancy.org](http://www.teenpregnancy.org)

*Información para prevenir embarazos de adolescentes.*

**Nat'l Child Abuse Hotline** [www.childhelpusa.org](http://www.childhelpusa.org) (800-422-4453)

*Información para parar o prevenir abuso del niño.*

**Teenwire** [www.teenwire.com](http://www.teenwire.com)

*La abstinencia, control de natalidad, enfermedades sexuales y SIDA, y mas.*

**VGFW Acceso y Ayudo** (877-619-3761)

*Para obtener servicios por salud mental, crisis, retraso mental o físico, o abuso del alcohol u otra drogas.*

Health Department Services

- Blood pressure checks
- Breast and Cervical Cancer Control Program/WISEWOMAN
- Breastfeeding counseling and support
- Classes on birth control, diabetes, nutrition, pregnancy, STDs, not smoking, etc.
- Communicable disease investigation, surveillance, and follow-up
- Contraception (birth control)
- Developmental screenings and advocacy
- Environmental Services and Inspections
- Health Check coordination
- Home based skilled nursing and physical, speech, and occupational therapy
- Immunizations and well child check-ups
- Pregnancy testing and routine care for pregnant women
- Sickie Cell counseling and testing
- STD/HIV testing, treatment, counseling, and follow-up
- WIC (supplemental healthy foods and nutrition education)

All services are confidential and do not require parent or guardian.

**Health Department** 693-2141

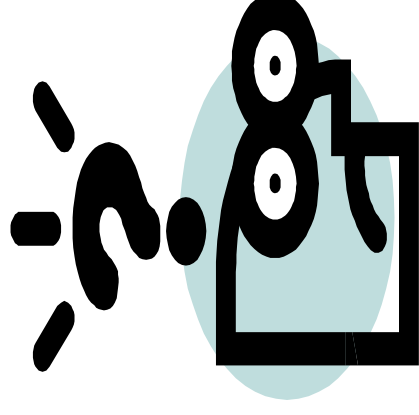
**WIC** 693-1333

**Environmental Health** 693-2688

**Health Check** 693-8260

**Home Health** 693-9106

*It's OK to want  
to know more.*



*Confused about where to get  
**REAL**  
answers?*

*Compiled by the Granville County Family Planning Advisory Council  
To participate, please call 919-693-2141.*

## National Resources

### **4 Girls Health**

[www.4girls.gov](http://www.4girls.gov)

*Nutrition, fitness, puberty, the future, drugs/alcohol, relationships, emotions, etc.*

### **Al-Anon/ALATEEN**

[www.al-anon.org](http://www.al-anon.org) (888-4-AL-ANON)

*Support for families dealing with an alcoholic.*

### **Advocates for Youth**

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

*Abstinence, birth control, cultural diversity, parenting tips, dating violence, etc.*

### **Healthy Place**

[www.healthyplace.com](http://www.healthyplace.com)

*Anxiety, ADHD, chronic pain, depression, dieting, relationships, etc.*

### **HOPELINE**

[www.hopeline.org](http://www.hopeline.org) (800-SUICIDE)

*A free, confidential nationwide hotline staffed 24 hours a day, 7 days a week.*

### **I Wanna Know**

[www.iwannaknow.org](http://www.iwannaknow.org)

*Peer pressure, consequences, abstinence, puberty, STDs, communication, etc.*

### **It's Your (Sex) Life**

[www.itsyoursexlife.com](http://www.itsyoursexlife.com)

*Statistics and the possible risks when becoming sexually active*

### **KidsHealth**

[www.kidshealth.org](http://www.kidshealth.org)

*Physical and emotional health, safety, nutrition, fitness, etc., for parents, teens and kids.*

### **Nat'l AIDS & STD Hotlines**

(800-342-AIDS) (800-227-8922) TTY/TDD (800-243-7889)

### **Nat'l Campaign to Prevent Teen Pregnancy**

[www.teenpregnancy.org](http://www.teenpregnancy.org)

*Abstinence and birth control information through fact sheets, quizzes, surveys, etc.*

### **Nat'l Child Abuse Hotline**

[www.childhelpusa.org](http://www.childhelpusa.org) (800-422-4453)

### **Nat'l Domestic Violence Hotline**

[www.ndvh.org](http://www.ndvh.org) (800-799-SAFE)

### **Nat'l Foundation for Depressive Illness**

[www.depression.org](http://www.depression.org)

(800-248-4344) *Information about depression and how to get help.*

### **Nat'l Mental Health Association Helpline**

(800-969-6642)

### **Nat'l Runaway Switchboard**

[www.nrscrisisline.org](http://www.nrscrisisline.org) (800-621-4003)

### **NineLine**

(800-999-9999)

*A free, confidential nationwide hotline staffed 24 hours a day, 7 days a week. They discuss lots of topics like running away, break-ups, abuse, homelessness, suicide, etc.*

### **Not Me, Not Now**

[www.notmenotnow.org](http://www.notmenotnow.org)

*How to resist peer pressure and communication tips for talking to your child.*

### **Planned Parenthood**

[www.plannedparenthood.org](http://www.plannedparenthood.org) (800-230-7526)

### **Rape, Abuse, & Incest National Network**

[www.rainn.org](http://www.rainn.org)

(800-656-HOPE) *Support available 24 hours a day, 7 days a week.*

### **SAFE (Self-Abuse Finally Ends)**

[www.selfinjury.com](http://www.selfinjury.com)

(800-DON'T-CUT)

### **Sex, Etc.**

[www.sxetc.org](http://www.sxetc.org)

*Love and relationships, body image, puberty, benefits of waiting, protection, pregnancy, teen parenting, etc.*

### **Talking With Kids About Tough Issues**

[www.talkingwithkids.org](http://www.talkingwithkids.org)

*Terrorism, violence, safety, drugs/alcohol, sexuality, etc. Designed for parents with children ages 8-12.*

### **Teenwire**

[www.teenwire.com](http://www.teenwire.com)

*Puberty, healthy relationships, communication, STDs, sexuality, birth control, etc.*

### **Teen AIDS Line**

(800-234-TEEN) (800-440-TEEN)

## Local Resources

### **Families Living Violence Free**

Administrative 693-2662

Crisis/Support 693-2324 (staffed 24/7)

*Free confidential support, counseling, and referrals for people affected by domestic violence or rape/sexual assault. Also offers a DSS approved parenting class.*

### **Granville-Vance District Health Dept**

[www.gvdhd.org](http://www.gvdhd.org) (693-2141)

*Offers services on a sliding fee scale. See back cover for details.*

### **Tough Love**

[www.toughlove.org](http://www.toughlove.org) (919-929-7400)

*Support and a philosophy of disciplining children who are demonstrating behavioral problems.*

### **VGFW Area Authority**

[www.vgfw.ncmh.org](http://www.vgfw.ncmh.org)

(693-2611) (877-619-3761) TTD/TTY (252-430-0788)

*Services for routine mental health, crisis, developmental disabilities, and substance abuse.*