

Self-Esteem  
depression **Body Image**  
Drugs bullying sexuality  
**mental health**  
Relationships anxiety  
Sex Dating self harm

Redford Township  
**RIDL**  
District Library

For books and more please  
visit [rtdl.org/toughtopics](http://rtdl.org/toughtopics)



## Beaumont Child and Adolescent Health Center

Counseling and STD Testing  
[beaumont.org/services/teen-services](http://beaumont.org/services/teen-services)  
313-242-0570

## Right To Be

Dealing with online harassment  
[righttobe.org/what-we-do/](http://righttobe.org/what-we-do/)

## The Trevor Project

LGBTQAI support center  
[thetrevorproject.org](http://thetrevorproject.org)  
866-488-7386

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## Lifeline

Suicide prevention

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Dial 988 or text 988

## RAINN

Rape, sexual assault, abuse

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

1-800-656-4673

## Teen Line

Talk to another teen about struggles

[teenlineonline.org](http://teenlineonline.org)

800-852-8336 or text TEEN to 839863