

Tough Topics—Teen and Adult Nonfiction

Abortion 363.46	Autism Spectrum Disorder 616.858; 618.928	Gender 155.533; 306.766; 306.768	Race 305.8; 363.23
Abusive Relationships (Family & Dating) 362.82; 362.88	Bullying 302.343; 305.235	Immigration 304.84; 306.85; 342.082	Relationships 306.73
Addiction/Substance Abuse 362.29; 613.8	Death/Grief 155.937	Incest 362.76	Sex 612.6; 613.907; 613.951; 155.533
Adoption 362.734	Depression 616.8527	Obsessive-Compulsive Disorder (OCD) 616.852	Sexual Assault 362.883; 364.153
Anxiety/Stress 155.5; 155.518; 158.108	Divorce 306.89	Phobias 618.928	Sexuality (Including LGBTQ) 306.76
Atheism 211.8	Eating Disorders 613.25; 616.852; 618.928	Pregnancy 306.8742; 368.7; 618.2	Self-Injury/Cutting 616.858; 616.85
	Gangs 364.106		Suicide 362.28

Resources

Al-Anon & Alateen

www.al-anon.org/for-members/group-resources/alateen
Resources & support for teens affected by an adult's alcoholism. Chat available.

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org
1-800-273-TALK (8255)
The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources.

Substance Abuse and Mental Health Services Association

www.samhsa.gov/find-help/national-helpline
1-800-622-HELP (4357)
Helpline that is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

The Trevor Project

www.thetrevorproject.org/get-help-now
1-866-488-7386 or
Text "trevor" to 1-202-304-1200
Providing crisis intervention and suicide prevention services to LGBTQ people ages 13–24.

EveryMind

www.every-mind.org
1-301-738-2255
Provides Montgomery County residents with crisis intervention, suicide prevention, information and referral services.

National Sexual Assault Hotline operated by RAINN

www.rainn.org/get-help
1-800-656-HOPE (4673)
Get support, information, advice, or a referral for survivors of abuse or sexual assault.

Disaster Distress Helpline

www.samhsa.gov/find-help/disaster-distress-helpline
1-800-985-599 or
Text "talkwithus" to 66746
SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

NAMI Montgomery County

www.namimc.org
info@namimc.org
1-301-949-5852
A local chapter of National Alliance on Mental Illness.

Identity

www.identity-youth.org/contact-us
301-963-5900
Identity's programs respond to significant challenges faced by many Latino youth and families in our community.