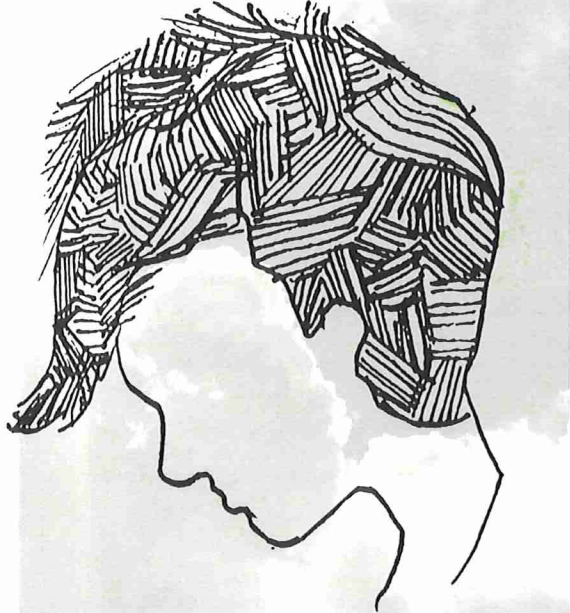


Don't have time for all this?

CALL 211

→ They'll be able to put you in touch with someone.



a

POCKET GUIDE

to local help
for youth

FOR
Topeka, Kansas and
surrounding areas



SAFE SPACE

a place to
catch your breath

Topeka & Shawnee County Public Library

1515 SW 10th Ave
Topeka KS 66604
M-F 9am-9pm
Saturday 9am-6pm
Sunday Noon-6pm

YWCA Center for Safety and Empowerment

225 SW 12th St Topeka KS
M, W-F 7:30am-5:30pm
Tuesday 10:30am-5:30pm

Family Service and Guidance

325 SW Frazier Ave
Topeka KS 66606
M-T 7:30am-6pm
Friday 7:30am-5pm

Topeka Rescue Mission

785-354-1744
600 N Kansas Ave
Topeka KS 66608

Communities in School

785-295-3235
800 SW 10th
Topeka KS 66604

Boys & Girls Club

785-234-5601
M-F 8am-7pm

Adams Club

550SE 27th St

Teen Center

M-F 8am-7pm
785-234-5601
1112 SE 10th Ave
Topeka KS 66607



HOT- LINES

no judgement
just a listening ear.

National Human Trafficking Resource Center

1-888-3737-888

www.traffickingresourcecenter.org

If you or someone you know has experienced human trafficking or is in a potential human trafficking situation, call this hotline for help and services.

Runaway/Homeless Youth Hotline

800-999-9999 *The Nine Line*

www.nineline.org

Offers a hotline from 2pm-12am for anyone who wants to talk or needs someone to listen.

National Runaway Switchboard

800.RUN.AWAY (1.800.786.2929)

www.1800runaway.org

The Switchboard offers counseling, resources, shelter, food, and will contact your family or get you a bus ticket home if that is what you want to do.

The Trevor Project

1-866-488-7386

www.thetrevorproject.org

Helpline for Lesbian, Gay, Bisexual, Transgender, and Questioning youth in crisis or thinking about suicide. They also provide support resources for educators and parents.

YWCA Center for Safety and Empowerment

1-888-822-2983

www.ywcaneks.org

FREE and CONFIDENTIAL 24- hour hotline services to victims of domestic and sexual violence, stalking, and human trafficking.

National Suicide Prevention Lifeline

1-800-273-8255

You're not alone. Confidential help is available for free.

a quick refresh of THE BASICS

EXPLOITATION Taking advantage of someone or treating them unfairly for personal benefit or gain.

HUMAN TRAFFICKING

Labor Trafficking: Labor for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery induced through the use of force, fraud, or coercion.

Sex Trafficking: A commercial sex act induced through the use of force, fraud, or coercion in return for payment in money or in kind, paid to one or more third parties. In cases of trafficking of people under the age of 18 for sexual purposes, force, fraud or coercion do not need to be present.

FORCE Physical Restraint, Beatings, Rape, Confinement

FRAUD False Promises, Lying, Tricking, Withholding Wages

COERCION Threats, Blackmail

COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN Sexual abuse of a child (under the age of 18) by another person in return for something of value. CSEC includes child pornography, trafficking in children for sexual purposes, child sex tourism and child marriage when payment is exchanged.

SEXUAL ASSAULT Sexual contact or behavior that occurs without explicit consent of the victim.

RAPE Penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim. Rape is a crime that is motivated by power and control.

CONSENT When someone agrees, gives permission, or says "yes" to sexual activity with other persons. Consent is always freely given and all people in a sexual situation must feel that they are able to say "yes" or "no" or stop the sexual activity at any point. There are three main considerations in judging whether or not a sexual act is consensual or is a crime. Both people are: 1) old enough to consent, 2) have the capacity to consent, and 3) agreed to the sexual contact.

SAFETY PLANNING Brainstorming ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and making decisions about your next steps.



SUBSTANCE ABUSE

killing your buzz...
saving your life...

Adolescent Substance Abuse Knowledge Base
866-870-6948

Putting you in touch with local treatment options.

Stormont Vail Behavioral Health Center

785-270-4600 | www.stormontvail.org/behavioral-health-services-west
1500 SW 10th Topeka KS 66606

Inpatient services are available for children, adolescents, adults and seniors who are experiencing crisis situations or psychiatric emergencies. Open 24/7

Shawnee Regional Prevention and Recovery Services (PARS)

785-266-8666 | www.parstopeka.com
2209 SW 29th St Topeka KS 66611

PARS provides assistance and support to individuals, families, schools, businesses and the community.

Al-Anon & AlaTeen

888-425-2666 | www.al-anon.alateen.org

Friends and families of problem drinkers find support at Al-Anon meetings. AlaTeen is specifically for teenagers whose lives have been affected by someone else's drinking.

Alcoholics Anonymous (AA)

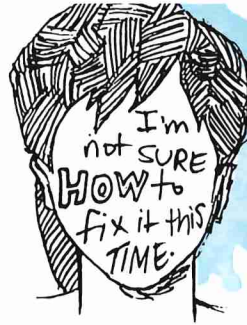
866.783.7712 | www.aa.org

AA is open to those trying to recover from alcoholism and provides a place to share experiences, strength and hope with each other so that people may solve their common problem and help others.

Narcotics Anonymous (NA)

800.627.3543 | www.na.org

NA is open to all drug addicts, and provides a recovery process and peer support network that is linked together to help anyone struggling with a drug addiction.



HEALTH

they have answers,
and they're pro.

GraceMed Capitol Family Clinic

785-861-8800 | www.gracemed.org
1615 SW 8th Ave Topeka KS
M, T, W, F 8-5 Thursday 10-7

Each of our clinics is staffed and equipped to provide the full range of medical services.

GraceMed Highland Park Family Clinic

785-861-8800 | www.gracemed.org
2025 SE California Ave Topeka KS
M, W, F 8-5 Tuesday, Thursday 8-7

Marion Dental

1-866-379-2306 | www.sclhealth.org
3164 SE 6th Ave Topeka KS 66607

Affordable dental care for those who have nowhere else to turn.

Positive Connections

785-232-3100 | www.pcneks.org
2044 SW Fillmore St
Topeka KS 66604

Positive Connections is a community based organization that provides comprehensive services to individuals who are impacted by HIV; AIDS, sexually transmitted infections, and viral hepatitis.

Shawnee Co Health Department

785-251-5600 | www.shawneehealth.org
2600 SW East Circle Drive
Topeka KS 66606

Dedicated to promoting and protecting health in the community by providing prevention, education, and health care services.



LGBTQ

people who
get it.

Positive Connections

785-232-3100 | www.pcneks.org
2044 SW Fillmore St
Topeka KS 66604

A community based organization that provides services to individuals in Topeka and Northeast Kansas who are impacted by HIV; AIDS, sexually transmitted infections, and viral hepatitis.

Beacon Youth Group

Central Congregational Church
1248 SW Buchanan St Topeka KS 66604
Monday 5:30-7:00 p.m.

Beacon is a welcoming environment for queer youth ages 12-18 to engage in socialization, education, exploration, and activism.



TRAFFICKED + EXPLOITED YOUTH

you deserve better.
you always
deserved better

Topeka Rescue Mission Restore Hope

785-354-1744 | trmonline.org/divisions/restore-hope
600 N Kansas Ave Topeka KS 66608

YWCA Center for Safety and Empowerment

24-hour helpline: 1-888-822-2983 | www.ywcaneks.org
225 SW 12th St Topeka KS
M, W-F 7:30-5:30 Tuesday 10:30-5:30

FREE and CONFIDENTIAL services to victims of domestic and sexual violence, stalking, and human trafficking in Shawnee, Jackson, and Wabaunsee Counties in Kansas.



DATING + SEXUAL VIOLENCE

love shouldn't
hurt like this.

YWCA Center for Safety and Empowerment

24-hour helpline: 1-888-822-2983 | www.ywcaneks.org
225 SW 12th St Topeka KS
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FREE and CONFIDENTIAL services to victims of domestic and sexual violence, stalking, and human trafficking in Shawnee, Jackson, and Wabaunsee Counties in Kansas.

LifeHouse

785-232-5433 | www.Lifehousecac.com
303 S Kansas Ave. Suite 2 Topeka KS 66603

Child Advocacy Centers are child-focused, community-oriented facilities in which members of a multidisciplinary team (MDT) work together in child abuse investigations.

MY SAFE PEOPLE

A FRIEND I CAN TALK TO:

AN ADULT I CAN TALK TO: