

# Parent Resource Card

Alanon & Alateen.....	829-1392
Child Protective Services.....	547-8600
Covenant House—24 Hour Hotline.....	1-800-999-9999
Mental Association of San Antonio.....	614-7566
Methodist Health Care System Psychiatric Services.....	575-0500
Narcotics Anonymous.....	434-0665
National Child Abuse and Neglect.....	800-422-4435
Palmer Drug Abuse Program.....	227-2634
S.A Council on Alcohol and Drug Abuse (SACADA).....	225-4741
TX. Alcohol and Beverage Commission.....	736-4466
Toughlove.....	647-8544
Jewish Community Center (Eating Disorders).....	306-6920
United Way Help Line.....	227-HELP
Rape/Suspected Sexual Abuse (16 and under) Christus Santa Rosa Children’s Hospital Emergency.....	704-2190
Rape/Suspected Sexual Abuse (17 and above) Methodist Specialty and Transplant Hospital.....	575-8168

## Websites

- [www.statehealthfacts.org](http://www.statehealthfacts.org).....recent stats on teens
- [www.acr.org](http://www.acr.org)— mediation and links to many resources
- [smhp.psych.ucla.edu](http://smhp.psych.ucla.edu)—40 Developmental Assets
- [parentingadolescents.com](http://parentingadolescents.com)—top teen/parent issues
- [kidsafe-caps.org](http://kidsafe-caps.org)—techniques to deal with bullies
- [kidshealth.org](http://kidshealth.org)— resources to stay healthy
- [sbanet.org](http://sbanet.org)—American Bar Association—legal issues
- [cfw.tufts.edu](http://cfw.tufts.edu)— teen developmental issues
- [teenlink.umn.edu](http://teenlink.umn.edu)—academic and practical teen issues