

## USING CALL NUMBERS

**NON-FICTION BOOKS** use the Dewey decimal system to sort books by topic. Each topic has a “call number,” a series of numbers with a decimal, and the first few letters of the author’s last name.

**TO FIND A CALL NUMBER**, use signs on the end of the shelves and find the range that includes your call number. Search the aisle for the call number. Browse the shelves at and around that number.

### EMOTIONAL AND MENTAL HEALTH

**302.34** (online bullying), **302.231** (digital media, sharing, privacy), **152.4** (handling emotions), **152.47** (dealing with anger), **155.904** (stress), **152.46** (anxiety), **155.937** (grief and loss), **158** (happiness and self-improvement), **616.8** (mental illness), **362.8** (suicide), **371.9** (learning disabilities), **362.76** (sexual abuse), **364.153** (rape)

### SEX & SEXUALITY

**155.3** (sexuality, gender, sexual relationships), **306.76** (orientation, identity, LGBTQIA+), **616.95** (STDs, STIs)

### RELATIONSHIPS

**158.2** (friends, family, and toxic relationships), **306.73** (dating)

### BODY AND BIOLOGY

**362.4** (physical disabilities), **613.042** (men and women’s health), **618.2** (pregnancy), **618.4** (birth), **363.46** (abortion), **362.29** (substance abuse)



### ORDERING ITEMS FROM ANOTHER LIBRARY

If you want a book, or anything else that we don’t have, you can search other libraries and have it sent here.

1. Search for the item in our catalog at our website [www.cantonpl.org](http://www.cantonpl.org)
2. Click the “Search Other Libraries” button above the search bar.
3. Find your item in the MeL list and click the green “Get This For Me” button.
4. Select Canton Public Library (or your library), type in your last name, enter library card number. Click “Submit.”
5. You will see confirmation that your order has been successful.
6. You will receive a notification when your item is ready for pickup.

NOTE: The item will be sent to the library whose name is on your library card. You will receive a call, text, or email when the item is ready for pickup. **If your parent’s email or phone number is listed in your record they will receive this notification.** This is also true for notifications about hold items. **You may change your notification preference** by asking to update it at the checkout desk.

# Tough Topics

RESOURCES FOR TEENS

CANTON PUBLIC LIBRARY



Librarians want to help you find the information you need. We don’t judge and we keep your requests confidential.

If you prefer to find information yourself, this guide will help you – and you can use your library card at a self-checkout station for 100% privacy.

People of all ages deal with these issues. If you know someone, any age, who needs help, share these resources with them.

---

## ONLINE RESOURCES

THERE IS INFORMATION YOU NEED.

CLICK THE NAME OF THE ORGANIZATION OR USE THE WEB ADDRESS TO VISIT THE SITE

### LIFELINE

- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- suicide prevention

### RAINN

- [www.rainn.org](http://www.rainn.org)
- rape, sexual assault, abuse

### THE TREVOR PROJECT

- [www.thetrevorproject.org](http://www.thetrevorproject.org)
- LGBTQIA support center

### TEEN LINE

- [www.teenlineonline.org](http://www.teenlineonline.org)
- talk to another teen about problems

### LOVE IS RESPECT

- [www.loveisrespect.org](http://www.loveisrespect.org)
- dating, healthy relationships

### ANTI-VIOLENCE PROJECT

- [www.avp.org](http://www.avp.org)
- anti-LGBTQIA violence

### TEEN HELP

- [www.teenhelp.com](http://www.teenhelp.com)
- mental and physical health
- sex, birth control, drugs, alcohol
- relationships and social life

### TEEN HEALTH FREAK

- [www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)
- health

---

## LOCAL RESOURCES

THERE ARE SYSTEMS IN PLACE TO HELP YOU.

### SAVE OUR YOUTH (LIVONIA)

**800-241-4949**

- 24/7, substance abuse, mental health

### YOUTH SHELTERS

Common Ground (R. Oak) 800-231-1127

Counterpoint (Inkster) 866-672-4357

Ozone House (Ann Arbor) 734-662-2265

### FREE/LOW COST STD TESTING

Teen Health Center (Inkster) 734-729-3650

Wayne County (Wayne) 734-727-7100

Washtenaw County (Ypsi) 734-544-6840

Oakland County (Southfield) 248-424-7000

---

## YOUR RIGHTS ONLINE

THERE ARE THINGS YOU CAN DO.

### CYBER CIVIL RIGHTS HELPLINE

**844-878-2274**

- call if someone distributed sexual images of you without your consent

### WITHOUT MY CONSENT

[www.iheartmob.org/resources](http://www.iheartmob.org/resources)

- visit if someone distributed sexual images of you without your consent

### HEARTMOB

[www.iheartmob.org/resources](http://www.iheartmob.org/resources)

- dealing with online harassment

---

## PHONE/TEXT RESOURCES

THERE ARE PEOPLE YOU CAN TALK TO.

CALL OR TEXT 24/7 IF YOU FEEL DISTRESSED, NEED TO TALK, OR HAVE QUESTIONS

### CRISIS TEXT LINE

**Text HOME to 741741**

- painful emotions and need support

### LIFELINE

**800-273-8255**

- distressed, thoughts of suicide

### THE TREVOR PROJECT

**866-488-7386**

- LGBTQIA, crisis, thoughts of suicide

### RAINN

**800-656-4673**

- rape, sexual violence, or abuse

### DOMESTIC VIOLENCE HOTLINE

**800-799-7233**

- if you experience domestic violence

### ANTI-VIOLENCE PROJECT

**212-714-1141**

- if you experience anti-LGBTQ violence

### TEEN LINE

**310-855-4673** or **Text TEEN to 839863**

- to talk to another teen

### CHECK THIS LIST FOR MORE

[www.connectsafely.org/resources-for-youth-in-crisis/](http://www.connectsafely.org/resources-for-youth-in-crisis/)

---

"I NEED HELP", "I NEED TO TALK", "I FEEL DEPRESSED", "I AM STRUGGLING"

---

PARENTS, COUNSELOR, A FRIEND, A FAITH LEADER, TRUSTED ADULT, SAFETY OFFICER

---

ASK A LIBRARIAN FOR HELP FINDING INFORMATION ABOUT ANYTHING