

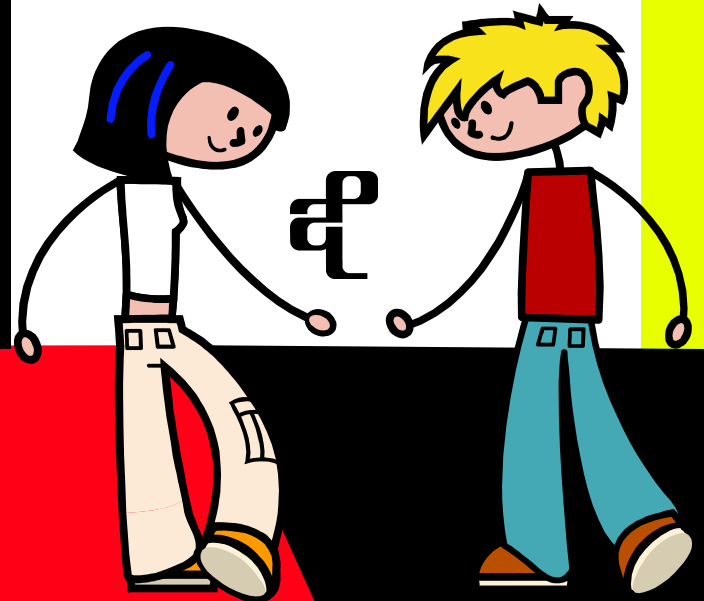


**Appleton Public Library**  
225 N. Oneida Street  
Appleton, WI 54911  
[teen.apl.org](http://teen.apl.org)

*Reasonable accommodations for persons with disabilities  
will be made upon request and if feasible.*

Prepared by Reference and Information Services Staff  
9/05

# Health Information for Teens



**Prepared booklists  
and resource guides on these topics:**

*Available at Adult Reference Desk  
or through the URL provided*

- **Autism**  
[www.owls.lib.wi.us/info/links/special/Autism2\(Jan03\).pdf](http://www.owls.lib.wi.us/info/links/special/Autism2(Jan03).pdf)
- **Child Abuse**  
[www.owls.lib.wi.us/info/links/special/ChildAbuse2\(Jan03\).pdf](http://www.owls.lib.wi.us/info/links/special/ChildAbuse2(Jan03).pdf)
- **Childhood Depression**  
[www.owls.lib.wi.us/info/links/special/ChildhoodDepression2\(Jan03\).pdf](http://www.owls.lib.wi.us/info/links/special/ChildhoodDepression2(Jan03).pdf)
- **Cognitive Disabilities**  
[www.owls.lib.wi.us/info/links/special/CognitiveDisabilities2\(Jan03\).pdf](http://www.owls.lib.wi.us/info/links/special/CognitiveDisabilities2(Jan03).pdf)
- **Epilepsy**  
[www.owls.lib.wi.us/info/links/special/Epilepsy2\(Jan03\).pdf](http://www.owls.lib.wi.us/info/links/special/Epilepsy2(Jan03).pdf)
- **Juvenile Diabetes**  
[www.owls.lib.wi.us/info/links/special/JuvenileDiabetes2\(Jan03\).pdf](http://www.owls.lib.wi.us/info/links/special/JuvenileDiabetes2(Jan03).pdf)
- **Materiales para las Adolecencias**  
Materials for Adolescents in Spanish  
[www.owls.lib.wi.us/info/links/special/MaterialesAdolecencias2\(Jan03\).pdf](http://www.owls.lib.wi.us/info/links/special/MaterialesAdolecencias2(Jan03).pdf)
- **Sexual Assault**  
[www.owls.lib.wi.us/info/links/special/SexualAssault2\(Jan03\).pdf](http://www.owls.lib.wi.us/info/links/special/SexualAssault2(Jan03).pdf)
- **Teens and Alcohol**  
[www.owls.lib.wi.us/info/links/special/TeensAndAlcohol2\(Jan03\).pdf](http://www.owls.lib.wi.us/info/links/special/TeensAndAlcohol2(Jan03).pdf)

## Local Websites and Phone Numbers

- **Boys & Girls Clubs of the Fox Valley**  
920-731-0555  
Short-term counseling, referrals, runaway assistance.  
Help provided in English and Hmong.
- **Harbor House Domestic Abuse Programs**  
[www.harborhouseonline.org/](http://www.harborhouseonline.org/)  
920-832-1667  
24 hour helpline 1-800-970-1171
- **Outagamie County Crisis Intervention Center**  
920-832-4646  
Anonymous, confidential telephone counseling for  
a variety of problems. (TTY accessible 24 hours)
- **Winnebago County Crisis Intervention Helpline**  
920-722-7707  
24 hour crisis phone counseling.
- **Wisconsin Council on Problem Gambling**  
[www.wi-problemgamblers.org/](http://www.wi-problemgamblers.org/)  
1-800-426-2535
- **Wisconsin Tobacco Quit Line**  
[www.ctri.wisc.edu/sub\\_dept/quit\\_line/  
out\\_quitline.html](http://www.ctri.wisc.edu/sub_dept/quit_line/out_quitline.html)  
1-877-270-7867

## Adult Nonfiction Books

- 305.235 Jukes, Mavis  
Juk *The Guy Book: An Owner's Manual for Teens: Safety, Maintenance, and Operating Instructions for Teens*
- 362.76 Bean, Barbara  
Bea *The Me Nobody Knows: A Guide for Teen Survivors*
- 362.76 Cobb, Carlene  
Cob *Coping with an Abusive Relationship*
- 362.76 Pledge, Deanna S.  
Ple *When Something Feels Wrong: A Survival Guide About Abuse for Young People*
- 612.661 Madaras, Lynda  
Mad *What's Happening to My Body?: A Growing Up Guide for Mothers and Daughters*
- 613.0424 Folkers, Gladys  
Fol *Taking Charge of My Mind & Body: A Girls' Guide to Outsmarting Alcohol, Drug, Smoking, and Eating Problems*
- 613.0433 Lewellen, Judie  
Lew *The Teen Body Book: A Guide to Your Changing Body*
- 613.0433 Libal, Autumn  
Lib *Can I Change the Way I Look?: A Teen's Guide to the Health Implications of Cosmetic Surgery, Makeovers, and Beyond*
- 613.0433 McCarthy, Alice R.  
MacC *Healthy Teens: Facing the Challenges of Young Lives: A Practical Guide for Parents, Caregivers, Educators, and Health Professionals*
- 613.71 Gaede, Katrina  
Gae *Fitness Training for Girls: A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition*

- 616.8526 Drohan, Michele Ingber  
Dro *Weight-loss Programs: Weighing the Risks and Realities*
- 616.8526 Neumark-Sztainer, Dianne  
Neu *I'm, Like, SO Fat!: Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight-obsessed World*
- 616.8582 Holmes, Ann (Ann E.)  
Hol *Cutting the Pain Away: Understanding Self-mutilation*
- 618.1 Diamond, Shifra N.  
Dia *Everything You Need to Know About Going to the Gynecologist*

## Websites

### **www.4girls.gov**

4GirlsHealth – sponsored by the National Women’s Health Information Center of the Department of Health and Human Services (www.hhs.gov).

### **www.coolnurse.com**

Cool Nurse – Created to help teens achieve and maintain a high level of health, fitness, and well-being.

### **www.goaskalice.columbia.edu.**

Go Ask Alice – produced by Columbia University’s Health Education Program. Provides factual, in-depth, straight-forward, and nonjudgmental information to assist readers' decision-making about physical, sexual, emotional, and spiritual health.

### **www.nlm.nih.gov/medlineplus/teenhealth.html**

Teen health information from MedlinePlus. Links to a variety of topics from backpack safety to dealing with anger.

### **www.teenshealth.org**

TeensHealth – from The Nemours Center for Children's Health Media. Doctor-approved info you need to understand the changes that you or your friends may be going through.

### **www.teenhealthfx.com/**

TeenHealthFX – this site empowers teens to improve their health through individual responsibility. (Funded by Atlantic Health System)

## National Hotlines

See also **healthhotlines.nlm.nih.gov** from the National Library of Medicine for a more detailed list of hotlines.

AIDS Hotline for Teens	1-800-234-8336
Al-Anon/Alateen Hotline	1-800-344-2666
Eating Disorders Awareness and Prevention	1-800-931-2237
Family Violence Prevention Center	1-800-313-1310
Gay and Lesbian National Hotline	1-888-THE-GLNH
Incest Awareness Foundation	1-888-547-3222
KidsPeace: The National Center for Kids Overcoming Crisis	1-800-854-3123
National Association for Children of Alcoholics	1-888-554-2627
National Center for Missing and Exploited Children	1-800-843-5678
National Council on Problem Gambling	1-800-522-4700
National Domestic Violence Hotline (1-800-787-3224: TTY line for deaf callers)	1-800-799-SAFE
National Hope Line Network	1-800-SUICIDE
National Institute on Drug Abuse & Alcoholism	1-888-644-6432
National Runaway Switchboard and Suicide Hotline	1-800-621-4000
Covenant House Nineline (Crisis Hotline)	1-800-999-9999
Planned Parenthood, Inc.	1-800-230-PLAN
Rape, Abuse and Incest National Network (RAINN)	1-800-656-HOPE
Self-Injury Hotline (information only, not a crisis line)	1-800-DONT-CUT
Youth Crisis Hotline	1-800-448-4663