

Essential Teen Needs Project Comprehensive Resources List

(Updated April 2026)

Family and Home Violence Prevention Resources

Yeah Philly : YEAH provides services to address the short and long-term needs of teens in the evenings when violence is most prevalent.

ChildLine: 1-800-932-0313- Hotline for reporting suspected child abuse or neglect.

Philadelphia Domestic Violence Hotline : 1-866-723-3014 or Text “START” to 88788- Provides support services and information about local resources for individuals affected by relationship abuse.

National Hotlines

88 Suicide & Crisis Line: Dial 988, say “no police” if relevant – Confidential support 24/7. Callers can request “no police involvement”; 988 routes to regional non-police teams when available.

Childhelp: 1-800-422-4453 -Talk through difficult situations with counselors. 24/7 help and resources for parents, youth, and survivors

ChildLine: 1-800-932-0313- Report suspected child abuse or neglect.

Trans Lifeline: 877-565-8860 – Peer-run hotline offering emotional support and microgrants. They will not call emergency services without consent.

Blackline: 1-800-604-5841 – Peer-led crisis and listening line for Black, Indigenous, and People of Color (BIPOC), focusing on harm reduction and accountability (not punishment).

Crisis Text Line: Text HOME to 741741 – Text-based emotional support; trained volunteers.

Rape, Abuse & Incest National Network (RAINN): 1-800-422-4453- Talk through difficult situations with counselors. 24/7 help and resources for parents, youth, and survivors

Online Safety Tools

Internet and Digital Media Safety Prevention | Stop It Now: Variety of guides and resources addressing online safety.

CyberTipline: National reporting system for the potential or suspected online exploitation of children. Members of the public and electronic service providers can make reports of child sexual exploitation by submitting an online form or by calling 1-800-THE-LOST

Cyber Safety Video Series - This series of videos and accompanying fact sheets highlight common potential threats students and K-12 schools are likely to face online, as well as proactive steps individuals and institutions can take to stay safe

Food Banks

Food and Meal Finder: Find free food or read-to- eat meals near you.

Philabundance : Find Local Food Bank & Food Pantry Donation Centers near you.

Resources for Parents

Parenting Education, Support Groups, and Parent Cafés: Visit website or Call 215-727-3687

Family Empowerment Services: Visit website or Call 215- 683-4000 for social and economic support for parents.

Tenant Support: Visit website or Call 267-443-2500 for support related to eviction, repairs, rental assistance.

BenePhilly: Visit website or Call 844-848-4376 / (215) 685-3654 for 1-on-1 assistance to enroll in public benefits

Parenting Children and Youth Who Have Experienced Abuse or Neglect : Factsheet for caregivers about child abuse and neglect. Provides clear definitions and information about parenting skills.

Mothers of Sexually Abused Children (MOSAC)- Provides information and support resources around the emotional toll and grief CSA can cause for parents as well as children.

Comprehensive Child Abuse and Neglect Information: Factsheet for caregivers about child abuse and neglect that provides clear definitions and information about parenting skills.

Stop It Now! : List of information and prevention planning resources meant for parents of children with disabilities.

Parent-Child Relationships and Establishing Family Guidelines for Safety: A "how to guide" for discussing sexuality and sexual abuse with children of all ages. Focus on prevention and caregivers feeling equipped to discuss and respond to suspected abuse.

Positive Discipline by Development Stage: This is a general child abuse and neglect fact sheet but has very good information and references to sources discussing positive discipline strategies for different age ranges.

Additional Resources

Mentoring and Recreational Activities for Kids: Providing free, safe spaces at night for youth to engage in fun, structured activities.

- **Community Evening Resource Centers (CERC)**
- **Out-of-School Time (OST)**

The National Child Traumatic Stress Network: Broad number of resources in Spanish. English versions are also available.

Resource Connects: Find various community services supports (food, transportation, utilities, etc.).

City Health Centers Listing: List of health centers providing a range of primary medical and support services .

Mental & Behavioral Health Services: Visit website or call 1-888-545-2600 to receive referrals for trauma-informed treatment and more.