



# RUNAWAY RESOURCES

**YOU DESERVE TO BE SAFE**  
IF YOU ARE FEELING OVERWHELMED OR LIKE RUNNING AWAY IS YOUR ONLY OPTION, PLEASE PAUSE AND READ THIS.

## 1-800-RUNAWAY

24/7 & CONFIDENTIAL

Services: Crisis intervention, safe shelter referrals, free bus rides home, message relays between youth and families

[www.1800runaway.org](http://www.1800runaway.org)



## YOU HAVE OPTIONS

There are people who care and want to help. You do not have to face things alone. REACH OUT to someone.



## MAKE A SAFETY PLAN - TOGETHER



Talk with a trusted adult, like a parent or guardian, mentor or counselor. Together: Identify healthy ways to manage overwhelming feelings and safe people you can turn to or go when you feel overwhelmed.

## SAFE PLACE



Look for the yellow "Safe Place" signs at businesses, libraries, and fire departments for immediate help

[www.nationalsafeplace.org](http://www.nationalsafeplace.org)

## LOVE IS RESPECT

Services: Support for teens in abusive or controlling relationships, which is often a factor in running away

[www.loveisrespect.org](http://www.loveisrespect.org)



## PERSONAL SAFETY

Predators often target teens who feel isolated, misunderstood and are looking for support. Be cautious of these predators who make big promises with the intention to take advantage of you once you trust them.



## TEEN HELPLINE

NAMI peer-support service that offers information, resource referrals, and support to teens and young adults.

Text "Friend" to 62640



## RUNNING CAN INCREASE DANGER

It might feel like escape, but it can put you at risk of trafficking, exploitation, or violence. Let's find safer ways to cope.



## CRISIS HELP

NAMI Help is always available when you text, call or chat 988 to connect with the 988 Lifeline 24 hours a day, 7 days a week, and every day of the year.



## REMEMBER!!

Asking for help is brave. You don't have to go through this alone. On the other side see resources who are there to help you through whatever you are experiencing.

