

MIDDLE SCHOOL COUNSELING OFFICE  
 GATEWAY REGIONAL HIGH SCHOOL  
 775 TANYARD ROAD  
 WOODBURY HEIGHTS, NJ 08096-6218

**HELP HOTLINES & INTERNET SOURCES**

<b>ALCOHOL &amp; DRUG ABUSE</b>	
Al-Anon & Alateen <a href="http://www.al-anon.alateen.org">http://www.al-anon.alateen.org</a>	547-0855
National Clearinghouse for Alcohol & Drug Info <a href="http://www.health.org">http://www.health.org</a>	1-800-SAY-NOTO
National Cocaine Hotline <a href="http://www.DRUGHELP.ORG">http://www.DRUGHELP.ORG</a>	1-800-262-2463
National Council on Alcoholism and Chemical Dependency Hope Line	1-800-622-2255
National Institute on Drug Abuse Hotline <a href="http://www.DRUGHELP.org">http://www.DRUGHELP.org</a>	1-800-662-HELP
Alcoholics Anonymous <a href="http://www.aa.org">http://www.aa.org</a>	486-4444
<b>GENERAL</b>	
Virtual Pamphlets on several topics <a href="http://counseling.uchicago.edu/vpc/">http://counseling.uchicago.edu/vpc/</a>	
<b>CHILD ABUSE</b>	
Child Help USA National Child Abuse Hotline <a href="http://www.childhelpusa.org">http://www.childhelpusa.org</a>	1-880-422-4453
Go Ask Alice <a href="http://www.columbia.edu/cu/healthwise/index.html">http://www.columbia.edu/cu/healthwise/index.html</a>	
Domestic Violence Hotline	800-572-SAFE
Internet Mental Health Links <a href="http://www.mentalhealth.com/p13.html">http://www.mentalhealth.com/p13.html</a>	
<b>HEALTH &amp; HIV/AIDS</b>	
American Foundation for AIDS Research <a href="http://www.amfar.org/cgi-bin/iowa/index.html">http://www.amfar.org/cgi-bin/iowa/index.html</a>	1-212-682-7440
Ask A Nurse	1-800-535-1111
Gay Men's Health Crisis <a href="http://www.gmhc.org">http://www.gmhc.org</a>	1-212-807-6655
National AIDS Hotline <a href="http://www.cdcnac.org">http://www.cdcnac.org</a>	1-800-342-AIDS
National AIDS Hotline (Spanish Language)	1-800-344-SIDA

National AIDS Hotline (Hearing Impaired)	1-800-AIDS-TTY
National AIDS Information Clearinghouse <a href="http://www.cdcnpin.org">http://www.cdcnpin.org</a>	1-800-458-5231
National Pediatric HIV Resource Center <a href="http://www.pedhiv aids.org">http://www.pedhiv aids.org</a>	1-800-362-0071
Office of Minority Health Resource Center	1-800-444-MHRC
National STD Hotline <a href="http://www.ashastd.org">http://www.ashastd.org</a>	1-800-227-8922
Eating Disorder Shared Awareness <a href="http://www.eating-disorder.com">http://www.eating-disorder.com</a>	866-784-8411
<b>NATIONAL CHILD WELFARE ORGANIZATIONS</b>	
Child Find of America <a href="http://www.dlinder@aol.com">http://www.dlinder@aol.com</a>	1-800-I-AM-LOST
Child Quest International Sighting Line <a href="http://www.childquest.org">http://www.childquest.org</a>	1-800-248-8020
National Center for Missing & Exploited Children	1-800-843-5678
National Center 4 kids Overcoming Crisis <a href="http://www.kidspace.org">http://www.kidspace.org</a>	344-4KID
National Teenline	1-800-522-TEEN
<b>PREGNANCY</b>	
Planned Parenthood	1-800-230-7526
FamCare	881-6117
WIC	262-4100
<b>FAMILY HELP/RUNAWAY</b>	
Covenant House Nineline <a href="http://www.covenanthouse.org">http://www.covenanthouse.org</a>	1-800-999-9999
National Runaway Switchboard <a href="http://www.nrs crisisline.org">http://www.nrs crisisline.org</a>	1-800-621-4000
Strengthening Families-SODAT	888-792-4383

<b>SCHOOL HELP &amp; TIPS</b>	
Purdue University Online Writing Lab <a href="http://Iowl.english.purdue.edu">http://Iowl.english.purdue.edu</a>	
Researchpaper.com <a href="http://www.researchpaper.com">http://www.researchpaper.com</a>	
Study Skills Guide <a href="http://www.csbsju.edu/academicadvising/helplist.html">http://www.csbsju.edu/academicadvising/helplist.html</a>	
Study Skills Link dot com <a href="http://www.netstudyaids.com">http://www.netstudyaids.com</a>	
Study Skills self-help info <a href="http://www.ucc.vt.edu/stdysk/stdyhlp.html">http://www.ucc.vt.edu/stdysk/stdyhlp.html</a>	*** Has study skills inventory
Noodle Tools – helps with punctuation & Bibliography info <a href="http://www.noodletools.com">http://www.noodletools.com</a>	
Managing Time <a href="http://www.columbia.edu/cu/augustine/study/time">http://www.columbia.edu/cu/augustine/study/time</a>	
Study Skills & Classroom Participation Tips <a href="http://www.iss.stthomas.edu/studyguides/stress.html">http://www.iss.stthomas.edu/studyguides/stress.html</a>	
Center for Advancement of Learning <a href="http://www.muskingum.edu/~cal/database/genpurpose.html">http://www.muskingum.edu/~cal/database/genpurpose.html</a>	
<b>PROFESSIONAL ORGANIZATIONS</b>	
National Attention Deficit Disorder Assoc. <a href="http://www.add.org">http://www.add.org</a>	
US Department of Education Home Page <a href="http://www.ed.gov">http://www.ed.gov</a>	
Mental Research Institute Home Page <a href="http://www.mri.org">http://www.mri.org</a>	
Council for Exceptional Children <a href="http://www.cec.sped.org">http://www.cec.sped.org</a>	
NJ Department of Ed Home Page <a href="http://www.state.nj.us/education/">http://www.state.nj.us/education/</a>	
<b>TUTORING AGENCIES</b>	
Sylvan Learning Center <a href="http://www.educate.com">http://www.educate.com</a>	384-6611
Huntington Learning Center <a href="http://www.1800canlearn.com">http://www.1800canlearn.com</a>	227-0033

<b>DIVORCE</b>	
Single parents world <a href="http://www.parentsworld.com/kids.html">http://www.parentsworld.com/kids.html</a>	
Divorce Source – articles on divorce <a href="http://www.divorcesource.com">http://www.divorcesource.com</a>	
Kids, Parents, and the effects of divorce <a href="http://www.divorceandkids.com">http://www.divorceandkids.com</a>	
<b>CRISIS / COMMUNITY RESOURCES</b>	
Family Crisis Intervention Unit	853-3646
Family Counseling Services	374-2314
School Based Youth Counseling Services	468-1445 ext. 2691
Contact – Suicide Prevention Hotline	881-6200 /468-6200 24 Hour Hotline
Together Family Support Center, Glassboro	881-7252
DYFS	853-5525
Community Mental Health Center	845-8050
<b>MOTIVATION</b>	
Study Skills & Classroom Participation Tips <a href="http://www.iss.stthomas.edu/studyguides/stress.html">http://www.iss.stthomas.edu/studyguides/stress.html</a>	
“Motivation for You” <a href="http://www.justwebit.com/members/25189/resources.shtml">http://www.justwebit.com/members/25189/resources.shtml</a>	