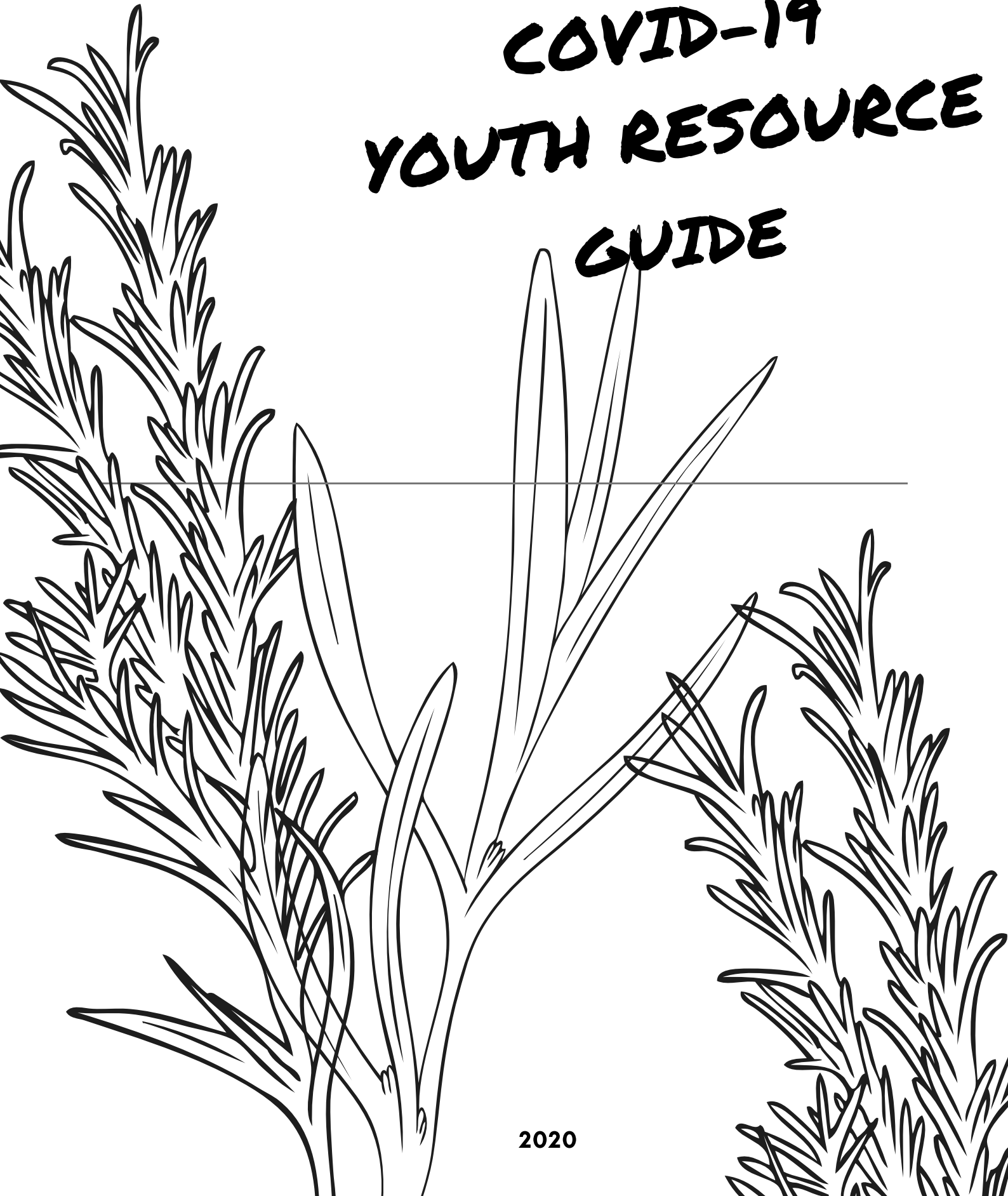


COVID-19 YOUTH RESOURCE GUIDE





ZOOM SUPPORT GROUPS

TEEN PEER ADVOCACY

The Middle Way House Prevention Program empowers teens to work together to help one another when friends have experienced harm or done harm in their dating relationships, or when they have dangerous family relationships. We encourage you to join with a friend-- but choose a name that is anonymous to others in the group. If you are interested in joining our online TPA group on Mondays at 11 am or want to set up a group for you and your friends contact lindsey@middlewayhouse.org.



ADOLESCENT AND TEEN SURVIVORS OF SEXUAL VIOLENCE SUPPORT GROUP

A collaboration between Bloomington Center for Connection (BCC) and Middle Way House. A bi-weekly, ongoing facilitated support group for youth who have experienced sexual violence of any kind. May require caregiver consent. Call or text "schedule SG" to [812-360-2254](tel:812-360-2254) to reserve a time for an intake interview.



ZOOM PROGRAMS

ASK ANYTHING!


A collaboration between Monroe County Public Library Teen Librarians and the Middle Way House Prevention Team. This is a monthly facilitated conversation where you can anonymously ask and get answers to your most pressing questions about relationships, dating, sexuality, and safety. Email your questions to or get the zoom link from lindsey@middlewayhouse.org or post questions and get the zoom meeting info on the Ask Anything! link on the MCPL COVID teen library [page](#)

Zoom meetings are hosted on the 4th Tuesday of the month at 2pm.



PRISM

PRISM is having virtual meetings-
Connect through
[Facebook](#)
[Instagram](#)
Email:
prism@bloomingtonpride.org



HOTLINES + ONLINE RESOURCES

MIDDLE WAY HOUSE (24/7)

1-812-336-0846

Confidential advocacy and resources for people affected by domestic violence, sexual violence, and/or human trafficking.

LOVE IS RESPECT (24/7)

1-866-331-9474

or text **"LOVEIS"** to **22522**


Talkline for youth affected by dating or sexual violence.

They also have an online safety plan available at www.loveisrespect.org under the resources tab.

INDIANA TEEN LINK TREE

<https://linktr.ee/mcplindianateen>

Local resource links for teens including COVID-19 specific resources, food, mental health resources, and much more.



MCPL COVID-19 TEEN RESOURCES

<https://mcpl.info/teens/covid-19-resources-teens>

An MCPL resource connection point for local resources. If you're bored, MCPL staff are still making some great recommendations for digital reading options too @

<https://mcpl.info/teens/staff-picks-teens>



MYPLAN APP myPlanapp.org



A tool to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship. It is free, lockable, and has quizzes for you to take to build a personalized safety plan.

SCARLETEEN Scarleteen.com

Offers inclusive, comprehensive, supportive sexuality and relationship info for teens. They have a safe search engine on their website that you can use to ask questions about sexual health and get filtered, accurate information.



**TREVOR
LINE
(24/7)**

1-866-488-7386

or text "START" to 678678

Counselors who support LGBTQ+ youth in crisis, who are feeling suicidal, or who are in need of a safe and judgement-free place to talk.

**MCCSC
TEXT-
ABOUT-IT**

1-812-200-0917

Text a local crisis counselor
(Monday-Friday 3pm-midnight).

**NATIONAL
CRISIS
TEXT LINE
(24/7)**

Text "HOME" to 741741

Connect with a volunteer trained to bring you from a hot moment to a cool calm through active listening and collaborative problem solving.

**INDIANA
CHILD
ABUSE &
NEGLECT
HOTLINE
(24/7)**

1-800-800-5556

Report suspected child abuse and neglect
(you can remain anonymous).

**NATIONAL
SAFE PLACE
(24/7)**

**Text "safe" and your current
location to 44357**

Receive a message with the closest Safe Place site and the phone number for your local youth agency; for immediate help, reply with "2chat" to text interactively with a trained counselor.



**NATIONAL
RUNAWAY
SAFELINE
(24/7)**

1-800-RUNAWAY or text 66008

Help for all youth that are being bullied, have been thrown out, or just want to discuss their experiences.

**MIDDLE
WAY
HOUSE
LEGAL
SERVICES**

1-812-336-0846

Legal services for people of all ages who are seeking help because of dating abuse, domestic violence, stalking, sexual assault, and human trafficking. For technology and cyber abuse questions, ask for Heather or email heather@middlewayhouse.org.

**NATIONAL
SUICIDE
PREVENTION
LIFELINE
(24/7)**

1-800-273-8255

Confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**THE
ICARUS
PROJECT**

theicarusproject.net

The Icarus project is a supportive network and education project by and for people who experience the world in ways that are often diagnosed as mental illness. They have resources available on their website including self-care information, online peer support spaces, and crisis toolkits. Mapping Our Madness is a safety plan you can use to navigate crisis, extreme states of distress, or foul moods.

SAFE PLACES



YOUTH SERVICES BUREAU




Youth Service Bureau operates the Safe Place program, emergency youth shelter (ages 8-17) at 615 South Adams St., and counseling services. If you are in crisis and need immediate help, you can call them at 812-349-2507. You can go to any business with a Safe Place sign and ask for help to access services.

MIDDLE WAY HOUSE

Middle Way House helps people affected by domestic violence, sexual assault, and human trafficking. If you and a parent or guardian need to flee together, our shelter has family rooms so you can stay together. Call for an intake at 812-336-0846. Youth can call the crisis/helpline at 812-336-0846 and/or walk in to speak with an advocate. Youth can also access legal services.

STEPPING STONES

Stepping Stones serves youth ages 16-20 years old who are experiencing homelessness. They provide transitional housing and independent living via furnished apartments that youth can live in for up to two years. Apply online at centerstone.org/becoming-a-resident/ or call 812-339-9771.



SUPPORTING EACH OTHER IN THE TIME OF COVID



You might be the first or only person a friend or loved one reaches out to if they are experiencing violence. If you suspect a friend, family member or co-worker is in an abusive relationship, you can do your part by starting a conversation, offering non-judgmental support and suggesting ways to get help (such as recommending hotlines or safety planning resources in this guide).

It is important to let your friend or loved one take the lead, and not to pressure them to make decisions. We know that for some people it will make sense to separate from the relationship, and for others, it will not. Let them know you'll be there to help them figure out the best strategies to get through this safely.

To start this conversation, ask them how they would prefer to safely connect: Figure out which communication method will be the safest for them. For instance, is there a specific messaging app they prefer to use?

Stay in touch and be creative: think together about a code word or symbol that would trigger a call from you or to the police. Keep the lines of communication open without directly asking about violence, and let them know you are available to talk and help.

Be supportive and believe them. Reassure them that they're not alone and that there is help out there. Understand that leaving an abusive relationship is emotionally complicated and confusing. They will likely experience several fluctuations in motivation to leave.

Text adapted from ICADV COVID-19 Recommendations.

5 THINGS YOU CAN SAY TO A FRIEND WHO HAS EXPERIENCED HARM



"I believe you."

Oftentimes people do not believe survivors when they talk about harm they have experienced. Letting your friend know you believe them is very important and impactful.



"It is not your fault."

Sometimes people who have experienced harm are blamed by others, or blame themselves. It is important to remind your friend that nothing they could ever do would make them deserve violence or harm.



"I am here for you"

Let your friend know that you are a safety net they can rely on if they need it.



"Do you want to make a safety plan?"

Ask your friend if they want to make a safety plan with you. Come up with ideas for where you could go, who you could call, or what you could do in an unsafe setting.



"What do you want to do from here?"

In order to make sure your friend still gets to make choices for themselves, ask them what they want to do. Whether that be making a report, or calling a help-line, the choice is in their hands.



A United Way Agency



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For updates or questions, contact Middle Way House's Prevention Program Coordinator at prevention@middlewayhouse.org

www.MiddleWayHouse.org
24/7 Help & Crisis Line: **812-336-0846**