

New! Youth Resource Card

The Bedford Youth Card is a wallet-sized card with resources to help youth in unexpected situations and to generally help them stay safe and healthy.

Cards are available at no cost at the Bedford Youth & Family Services office.

Contact Jessica Wildfong [jessicaw@bedfordma.gov](mailto:jessicaw@bedfordma.gov) or 781-275-7727

**Bedford YOUTH  
RESOURCE CARD**

**MA Alcohol and Drug Hotline**  
1-800-327-5050

**Mental Health Crisis Hotline (Advocates)**  
1-800-640-5432

**National Domestic Violence Hotline**  
1-800-799-SAFE (7233)

**National Runaway Hotline**  
1-800-RUNAWAY (786-2929)

**Planned Parenthood**  
1-800-230-PLAN (7526)

**Suicide Hotline (Samariteens)**  
1-800-252-TEEN (8336)

**The Trevor Project (LGBTQ)**  
1-866-488-7386



Printing made possible by:  
Town of Bedford Youth & Family Services

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RESOURCE CARD**

**Bedfordma.gov/youth**  
Anonymous mental health screenings

**Barcc.org**  
Boston Area Rape Crisis Center

**Itgetsbetter.org**  
LGBTQ organization

**Nationaleatingdisorders.org**  
Support for eating disorders

**Teenshealth.org**  
Info on health and safety



**Teens.drugabuse.gov**  
Info and resources on drug use and abuse

Information provided by:  
Bedford Youth & Family Services  
781-275-7727 or [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)