More Ways to Get Help With Bullying

When bullying becomes extreme or you feel like you have tried everything and nothing seems to be working, don’t give up. There are still ways to get help. This guide will help you think about the problem you are having and give you specific actions you can take to help yourself.

**There has been a crime or you are at immediate risk of harm.**

If you feel threatened, are hurt, or are at risk of being hurt:

* Call 911 immediately.
* Ask someone to call 911 for you
* Always try to get help

**You feel down, sad, or anxious. You are struggling in school or at home.**

When someone is being bullied these feelings are normal. Bullying can make you feel pretty bad about yourself, but there are ways to get help. The best thing to do is talk to someone close to you and tell them what is going on. If you do not feel comfortable there are online resources for teens.

* Teen Line
  + An online forum where teens and other professionals are there to help.
  + Message boards – read through questions others have asked or ask your own.
  + Text “Teen” to 839863 from 5:30 p.m. – 9:30 p.m. and receive help and advice from peer counselors.
  + Call 1-800-852-8336. This is a line for helping teens – open 9 p.m. – 1 p.m.
* STOMP Out Bullying
  + 1-855-790-4357
  + Helps teens 13 and older with issues of being bullied and cyber bullied.
  + Free and confidential chat with counselors.
  + [www.Stompoutbullying.org](http://www.Stompoutbullying.org) – visit their website
  + Also offers a live online chat with a counselor.

**You feel hopeless, helpless, and may even be thinking about suicide.**

You need to tell someone right away. There are a lot of ways to let someone know you are feeling. Tell any of the following people:

* Parents
* Family member
* Friend
* Teacher
* Primary care doctor
* Coach
* Counselor

If you do not feel comfortable telling someone you know, there are hotlines you can call:

* National Suicide Prevention Lifeline
  + 1-800-273-8255
  + This is a toll-free call and goes to the nearest crisis center in the national network
  + Open 24 hours for counseling
* Suicide Hotline
  + 1-800-SUICIDE
* Youth Crisis Hotline
  + 1-800-448-4663
* STOMP Out Bullying
  + 1-855-790-4357
  + Helps teens 13 and older with issues of being bullied and cyber bullied
  + Free and confidential chat with counselors
  + [www.Stompoutbullying.org](http://www.Stompoutbullying.org)
  + Also offers a live online chat with a counselor
* BRAVE – Building respect, acceptance, and voice through education
  + 212-709-3222
  + Hotline linked to professionals who can provide support 24 hours a day
* LiveWire – Peer support, Emergency Help, Hotline, Teen Resources
  + [www.golivewire.com](http://www.golivewire.com)
  + An online resource for teens who are feeling out of control, suicidal, or need someone to talk to
  + Provides a list if hotlines
  + Also provides online help where you will receive a fast reply to your inbox.
* ***If you are unable to get through to anyone call the nearest local hospital or call 911***

**You have tried some of the ideas listed on Girls Guide to End Bullying and nothing is working.**

* Tell an adult:
  + Teachers
  + School counselor
  + School principle
  + Parent
  + Coach
  + Community Leader
  + Nurse
  + Any trusted adult you feel comfortable asking advice
* Continue to tell as many people as possible until someone listens to you!
* Avoid where the bully is hanging out as much as you can.
  + Take a different route to school
  + Take a different way to class in the hallways
  + Tell a teacher what is going on and why you might be late to class
  + If you walk, ask parents to drive you
  + If you ride the bus, sit as close to the front as possible
  + Stay offline for a few days
  + Hand your phone over to your parents at night to keep
* Learn to defend yourself.
  + Try your best to build your confidence. As cheesy as this may sound, it will be your best defense. Take some Judo classes. These will help as c confidence builder.
* Ask your parents if you can install a safekidzone application on your phone which links you to your parents and other safety nets 24/7
* Talk to your parents about changing schools or being homeschooled.
* Talk to your parents about seeing a counselor outside of school. Counselors can help talk to you about how you are feeling and what you are thinking. They can help relieve some of the stress or anxiety you may be experiencing.