

¿Quieres saber más?

Atención médica a bajo costo

CAPWN ofrece atención médica, incluyendo la consejería, a bajo costo. Si necesitas un lugar para vivir, es posible que CAPWN puede ayudarte en encontrarlo. Por más información, visita capwn.org o llama a 308-635-3089

¿Alguien te da miedo?

Thehotline.org tiene un montón de información y recursos. Para hablar con alguien, tú puedes:

- llamar a 1-800-799-SAFE (7233)
- enviar "START" a 88788
- o usar el chat en el sitio



Escanear el código QR te traerá a una lista de recursos, con algunos especialmente para adolescentes. Visitar nebraskacoalition.org para encontrar recursos locales.

Donde puedes buscar a consejeros

Estos sitios de web tienen listas de búsqueda:

- Goodtherapy.org
- Locator.apa.org
- Nbcc.org/search/counselorfind

Éxito de estudiantes

El Scottsbluff Public Schools Family Success Center puede ayudar a familias que quieren reducir el ausentismo o necesitan encontrar lugares para vivir, entre otras cosas. Está abierto desde las 8am-4pm, lunes a viernes, por la mayoría del año pero estas horas se cambian por el verano. Por más información, puedes llamar a 308-635-6200 o visitar 1722 First Avenue, Scottsbluff, NE 69361.

Want to know more?

Affordable medical care and housing help

CAPWN offers health care, including counseling and substance use support, at a low cost and might be able to help you secure a place to live if you need one. Visit capwn.org or call 308-635-3089 for more information.

Are you scared of someone?

Thehotline.org has a ton of information and resources. If you want to talk to someone, you can also

- call 1-800-799-SAFE (7233)
- text "START" to 88788
- or chat on the website



Scanning that code will take you to a list of more resources, including some just for teens. You can also visit nebraskacoalition.org to find local resources.

Where to look for a counselor

The following websites have searchable lists of therapists:

- Goodtherapy.org
- Locator.apa.org
- Nbcc.org/search/counselorfind

Student Success

The Scottsbluff Public Schools Family Success Center can help reduce absenteeism, secure housing, and find other assistance. The Center is open 8am-4pm, M-F for most of the year but its hours change over summer. Call 308-635-6200 for more information, or visit the office at 1722 First Avenue, Scottsbluff, NE 69361.

Afraid of someone finding you?

Who can see your social media?

Most social media websites allow you to customize who can see your posts. You can sometimes make your account private, so no one who isn't friends with you can see your posts.

It's a good idea to not only unfriend but block anyone you don't want to find you AND anyone who may let something slip to them.

It's also helpful to be careful what shows up in your posts themselves. Are any street signs visible in the backgrounds of photos? Do you mention other local landmarks?

Hide your address on public records

You can hide your address on your voter registration and other documents through Nebraska's Address Confidentiality Program.

You will need to fill out the paperwork in person. It's a good idea to call ahead to ask questions because some locations require an open case with law enforcement, a history of experiencing a specific kind of violence (ex: sexual), or have other criteria about who they'll help. Scan the QR code to find more information and a list of locations:



Talk to your neighbors

Describe the person or people you're afraid of to your neighbors and show them any photos you have. Ask your neighbors to let you know if they see anyone fitting that description and not to tell them anything about you.

¿Estás espantado/a de que alguien te encuentre?

¿Quiénes pueden ver tus redes sociales?

Muchas redes sociales permiten que sus usuarios personalizan quienes pueden ver sus mensajes. A veces tu puedes poner tu cuenta privada y prohibir que personas que no son tus amigos vean tus mensajes.

Es un buen idea eliminar a persons sospechosas de tu lista de amigos

It's a good idea to not only unfriend but block anyone you don't want to find you AND anyone who may let something slip to them.

It's also helpful to be careful what shows up in your posts themselves. Are any street signs visible in the backgrounds of photos? Do you mention other local landmarks?

Puede esconder tu dirección en registros públicos

Puedes esconder tu dirección en tu registro electoral y otros documentos por el Address Confidentiality Program de Nebraska.

Necesitaras escribir el papeleo en persona. Es un buen idea llamar a una oficina antes de llegar ahí porque algunas tienen otros requisitos acerca de quienes ayudaran, como tener un caso abierto con la policía, haber sufrido algún tipo específico de violencia (por ejemplo, sexual).

Escanear el código QR te traerá a una lista de oficinas y más información:



Habla con tus vecinos

Describe la persona o personas que date miedo a tus vecinos y mostrarlos fotos si los tengas. Pedir a tus vecinos que te digan si las vean y no digan a ellas nada sobre tu.

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Nebraska Family Helpline: (888) 866-8660

There is help. Ask any parenting question, anytime. Scan this code to learn more:



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Nebraska Family Helpline: (888) 866-8660

Hay ayuda. Puedes preguntar cualquiera pregunta, a cualquiera hora. Para aprender más, puedes escanear este código QR:



Donde puedes buscar a consejeros

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Substance Use Support

Cirrus House in Scottsbluff

Cirrus House, located at 1509 1st Ave in Scottsbluff, works to support people whose lives have been impacted by substance use or mental illness. Among other services, they offer low-income housing, adult substance use support groups, and programs to support youth transitioning to independent adulthood. For more information, visit cirrushouse.org or call (308) 635-1488

Sandhills Center for Hope

Sandhills Center for Hope provides counseling and other support to people who are struggling with addiction. For more information, you can email sandhillstreatment21@gmail.com or call one of these two phone numbers:

- (308) 763-1788
- (308) 629-8355

Scanning this code will take you to Sandhills Center for Hope's website:



CAPWN Behavioral Health

CAPWN offers many kinds of mental health support, including help recovering from addiction. For more information, visit capwn.org, call 308-633-5766, or visit the office located at 3350 10th St Gering, NE, 69341.

My child just came out

Connect with others who've had similar experiences

You're not the only parent trying to figure out how to respond to a child coming out. Groups like PFLAG exist to give you someone to talk to about it. Many of their meetings are virtual, so you can attend them from anywhere you have Internet access. Scan the code to see a list of virtual PFLAG meetings:



Encourage your child to do the same

Social support is important for both of you, especially during times of change. Encourage your child to meet other people who know how they feel. Local groups like Panhandle Equality, OutNebraska, and Scottsbluff High School's Bearcats for Diversity help support LGBTQ youth in Nebraska. Scanning this code will take you to the CDC's list of resources:



I'm still not sure about all this...

No one gets everything right the first time. Your child will appreciate being listened to, even if you're not perfect. Also, you can't change your child's natural gender or sexual orientation. The choice you have is whether to make them afraid to be honest with you or whether you'll be someone they trust to know what's really going on.

Coming Out

Before you come out

Your safety comes first. If you suspect that someone may react with hate or violence, it's probably better for you to wait, or at least make sure you have someplace safe to go if you need it. Scan the QR code to see the Trevor Project's Coming Out Handbook:



As you come out

Who are you ready to be out to? You don't have to come out to everybody all at once. It's often a good idea to come out slowly, first to the people you're closest to and who you're most sure will be supportive. This builds up a support system for you as you approach other people who you're less sure about. Make sure you tell people who you come out to who else they can talk about it with!



After coming out

Local groups like Panhandle Equality, OutNebraska, and Scottsbluff High School's Bearcats for Diversity help support LGBTQ people in Nebraska. Scanning this code will take you to the CDC's list of resources:



I'm still not feeling brave...

Your safety comes first. Take your time if you need it. But once you take that leap, you might find it takes a weight off your chest.