

To have a resource added, please send an email with the resource link and information to [*help@positiviteaparty.org*](mailto:help@positiviteaparty.org)

Crisis Lines

BlackLine: 1 (800) 604-5841

https://bit.ly/BLINE_res

Offers an anonymous hotline for the Black, Black LGBTQ+, Brown, Native, and Muslim community to confidentially report negative, physical, and inappropriate contact with police and vigilantes. *No one will be turned away from the Hotline based on race*

Parental Stress Line: 1-800-632-8188

bit.ly/PHP_ref

Provides a 24 hour helpline for parents who need to discuss issues related to their children. Translators available to support all languages.

The Trevor Project: 866-488-7386 or https://bit.ly/TP_ref

Provides crisis intervention services to lesbian, gay, bisexual, transgender, and questioning youth, including a 24/7 hotline and text line.

Crisis Text Line: https://bit.ly/CTLfaq_ref or text HOME to 741741

Provides free, 24/7 crisis support through SMS text messaging.

Empower Work: 510-674-1414 or https://bit.ly/EW_res

Empower Work is a support text line that provides free, immediate, and confidential support for people facing tough, non-legal work situations.

National Runaway Safeline: 1-800-RUNAWAY or 1-800-786-2929 or https://bit.ly/NRS_ref

Provides runaway and homeless youth support and help locating social services through online resources, including a hotline, text line, and forum

Never Use Alone: https://bit.ly/NUA_r or (800) 484-3731

Provides non-judgemental service for those who seek to use drugs alone. The hotline will ask for the caller's exact location and send emergency support if the caller is unresponsive after using drugs.

Aspire News App: bit.ly/aspire_ref

Helps to prevent domestic violence by allowing users to call for help with the touch of a button, while posing as a news app.

Childhelp National Child Abuse Hotline: https://bit.ly/CNCAH_ref or 18004224453
Provides parents and teachers with resources, training and support for child abuse prevention, intervention, and treatment.

National Domestic Violence Hotline: http://bit.ly/NDVH_ref or 1-800-799-SAFE (7233)
Offers 24/7 help for domestic assault survivors over the phone, and has information on how to recognize and prevent domestic abuse. (Deaf and Hard-of-Hearing approved)

National Human Trafficking Hotline: https://bit.ly/NHTH_ref or 1-888-373-7888
Offers a crisis hotline and resource directory serving victims and survivors of human trafficking. (Deaf and Hard-of-Hearing approved)
RAINN: https://bit.ly/RAINN_ref or 1-800-656-4673
Provides information, resources and confidential hotline for survivors of sexual assault. (Deaf/Hard-of-Hearing approved)

StrongHearts Native Helpline: https://bit.ly/SHNV_res or 1-844-7NATIVE (762-8483)
Offers a safe domestic, dating, and sexual violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy daily from 8 a.m. to 11 p.m. EST. Anonymous and confidential.

Trans Lifeline: http://bit.ly/TL_r or (877) 565-8860
Provides 24/7 anonymous and confidential hotline support by and for transgender people.

Fireside Project: http://bit.ly/FSP_r or 6-2FIRESIDE
Provides peer-to-peer hotline and text line to those seeking support during or after a psychedelic experience. Thursday to Sunday, from 6:00 p.m. to 6:00 a.m. EST, Monday from 6:00p.m. to 9:00 p.m. EST

Exhale Textline (Abortion Support): https://bit.ly/EAAT_r or 866-647-1764
Exhale provides specific after-abortion support via their textline and call line. Exhale counselors are sensitive to a person's unique experience after abortion, which includes a range of emotions, and they are supportive to different belief systems.

Physician Support Line: https://bit.ly/PhysSup_res
Physician Support Line is a national, free and confidential support line service made up of volunteer psychiatrists who want to provide peer support for physician colleagues and U.S. medical students as they navigate COVID-19.

Sex Workers Outreach Project: <http://bit.ly/SWOPr> or 877-776-2004
Sex Workers Outreach Project is a national org run by and for sex workers. Offers resources, info on advocacy, and a community support line.

Tragedy Assistance Program for Survivors (TAPS): https://bit.ly/taps_res or 800-959-TAPS (8277)
TAPS provides support to people grieving the death of a military loved one. This includes peer support, resources, and a 24/7 National Military Survivor Helpline.

Veterans Crisis Line: https://bit.ly/vcl_r or Dial 800-273-8255 and press 1 or text 838255
Provides free 24/7 confidential crisis intervention and suicide prevention focused on military-specific issues for veterans and their families and friends.

Vets for Warriors: https://bit.ly/V4W_res or Call 1-855-838-8255
Vets4Warriors is a 24/7 peer support network that operates independently of the U.S. military. This line is confidential and veterans, service members, family members, and caregivers can get peer to peer support and resources.

24/7 Peer-Run Warm Line: bit.ly/MHSFwm_I or 855-845-7415
Non-emergency peer support via phone and web chat. Services in both English and Spanish. Share for folks who want to talk on the phone or referrals to more local services. California residents only.

Buckewlew Suicide Prevention Hotline: bit.ly/BPSP_I or 415-499-1100
24/7, free and confidential crisis support for callers having thoughts of suicide, as well as friends and family worried about loved ones. For ****grief support**** specifically, you can call 415-499-1195.

Center for Domestic Peace Hotline: bit.ly/CDP_I. Or 415-924-6616
English and Spanish hotline provides immediate support and safety planning for those in danger or at risk, as well as information and referrals. Provides 24-hr intake for the Bay Area to help those in danger access emergency shelter.

Find a Helpline: https://bit.ly/FAH_r
Database that holds 1,600 international helplines.

****Games and Online Harassment Hotline: http://bit.ly/GH_res****
****Offers resources as well as a hotline (available weekdays) for those struggling with games and online harassment. Text SUPPORT to 23368 from 3-7PM PT, every day****

JQ International: https://bit.ly/jqih_r or 855.JQI.HLPS (855.574.4577)
JQ International is a Jewish LGBTQ+ organization that focuses on healthy integration of Jewish and LGBTQ+ identities through community programming, education, and resources. Their Helpline provides inclusive support and resources for LGBTQ+ Jews, their families, and allies.

LGBT National Senior Hotline: https://bit.ly/slh_enr or 888-234-7243
The LGBT National Senior Hotline offers elder adults the opportunity to talk on the phone to receive peer support or to discuss a variety of topics including gender/sexual identity, safer sex, suicidality, workplace, and living conditions.

****Mental Health America: Warmlines List: https://bit.ly/MHA_wr****
****Provides a list of national warmlines to those who are not in crisis, but may need to talk to someone.****

Naseeha: <https://naseeha.org/> or (866) 627-3342

Naseeha is a mental health hotline that supports Muslim folks who are struggling with mental health, life changes, etc. Though the line is open to everyone, its focus is to support Muslim folks by acknowledging and working within their cultural and faith context.

National Association of Anorexia Nervosa/Other Related Disorders: http://bit.ly/ANAD_r or 1-800-931-2237

Provides information, peer support groups, and hotlines for those struggling with eating disorders

National Eating Disorders Association Helpline: 800-931-2237 (talk or text)

NCMEC's CyberTipline: https://bit.ly/NCT_res

NCMEC's CyberTipline provides both a hotline and form for reporting child sexual exploitation and abuse. The service also allows for "self-reports" in instances where a minor's own image is put online. The site also provides assistance and support to survivors and families.

Parents4Peace: https://bit.ly/pe_res or 1-844-49-PEACE (73223)

Parents For Peace supports families, friends, and communities concerned about people of all backgrounds becoming involved with extremism. They offer a helpline at 1-844-49-PEACE (73223), raise public awareness, and advocate for oversight in social media

SAMHSA Disaster Distress Hotline: https://bit.ly/DDH_res or 1-800-985-5990 (Press 2 for Spanish)
SAMHSA's Disaster Distress Helpline provides counseling and support to people who are in distress due to natural or human-caused disasters. This support includes a multilingual hotline and referrals to local resources for follow-up care and support.

SAMHSA's National Helpline (substance abuse and mental health): 800-662-HELP (800-662-4357)

Shalom Task Force: https://bit.ly/stk_r

Shalom Task Force works to combat and prevent domestic violence. Their focus on work in the Jewish community for those who want and need culturally sensitive programs and support. They have wide-ranging services and resources to help promote healthy relationships and families, including a confidential hotline/chatline and some legal support.

StrongHearts Native Helpline: https://bit.ly/shnh_r or 1-844-7NATIVE (762-8483)

StrongHearts Native Helpline is a 24/7 line for domestic, dating, and sexual violence that offers culturally appropriate support and advocacy for Native Americans and Alaska Natives. Their site also includes information about abuse and identifying abuse. Texters can call 1-844-7NATIVE (762-8483) or visit https://bit.ly/shnh_r to chat with an advocate.

TALK Line: Call 415-441-5437 or visit bit.ly/TALK_I for info.

The TALK Line is a program of Safe & Sound and offers compassionate support over the phone to parents and caregivers of children under the age of 18 in the Bay Area. The TALK Line operates round-the-clock and is staffed by trained volunteers who provide support through the numerous challenges found in life and parenting.

The Friendship Line: bit.ly/FL_I or 800-971-0016

Offers confidential telephone support for older adults (60+) who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide and 24/7 crisis intervention phone support. Also, provides support for caregivers of seniors and to individuals with physical and/or emotional disabilities.

The Network La Red: https://bit.ly/tnlr_r

The Network/La Red is an organization that works to end abuse in LGBTQIA, kink (BDSM), and polyamorous communities. TNLR is survivor-led and committed to anti-oppression; they accomplish their work through organizing, education, and providing support services/resources.

STAND! For Families Free of Violence crisis line: 888-215-5555

Darkness to Light Child Sexual Abuse National Helpline: 866-367-5444

Stop it Now! Prevent child sexual abuse helpline: 888-PREVENT

National Center for Missing and Exploited Children Hotline: 800-843-5678

Partnership to End Addiction: 855-378-4373 or text CONNECT to 55753 to get one-on-one help to address your child's substance use

National Problem Gambling Helpline Network: 800-522-4700

Smokefree.gov helpline to stop smoking: 800-784-8669

National Cancer Institute's Smoking Quitline: 877-44U-QUIT (877-448-7848)

Crisis Support Services national helpline: 800-273-8255

Caregiver Action Network caregiver help desk: 855-227-3640

Alzheimer's Association helpline: 800-272-3900

Alzheimer's Foundation of America AFA helpline: 866-232-8484

Eldercare Locator (a public service of the U.S. Administration on Aging): 800-677-1116

AARP caregiving resource line: 877-333-5885

VA's National Caregiver Support Line: 855-260-3274

LGBT National Hotline: 888-843-4564, 800-246-7743 (Youth Talkline), or 888-234-7243 (Senior Hotline)

National Alliance on Mental Illness NAMI HelpLine: 1-800-950-6264 or text NAMI to 741-741

Crying Baby Hotline: 866-243-2229

Fussy Baby Warmline: 888-431-BABY (888-431-2229)

S.A.F.E. Alternatives (Self-Abuse Finally Ends) self-harm helpline: 800-DONT CUT (800-366-8288)

Boys Town crisis hotline for girls and boys: 800-448-3000 or text VOICE to 20121

Thursday's Child National Helpline for teens and young adults: 800-USA-KIDS (800-872-5437)

Mental Health Directories

Inclusive Therapists: http://bit.ly/IT_r

Inclusive Therapists is a directory of social justice-oriented professionals that strive to embody: anti-discrimination, anti-oppression, anti-stigma, anti-racism & anti-ableism.

Mental Health Directories: https://bit.ly/mhd_en

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.

National Queer and Trans Therapists of Color Network: https://bit.ly/nqttcn_res

Offers a directory of Queer and Trans therapists of color, as well as a mental health fund for assisting Queer and Trans people of color pay for their treatment.

Open Counseling: http://bit.ly/OC_ref

Provides a searchable directory for anyone who is in need of local affordable counseling.

Open Path Collective: https://bit.ly/opc_r

Open Path Collective is a directory of low-cost options for in-person and online therapy. The directory includes filters for therapist matching. Open Path has a fee for a lifetime membership, and therapists on this platform commit to providing services for no more than \$60 for individuals and \$80 for couples/families.

South Asian Therapists: http://bit.ly/SAT_r

Offers a directory of trusted, culturally competent therapy by and for those in the South Asian community.

The Boris L. Henson Foundation: Let's Talk Resource Guide: https://bit.ly/BLHF_res

The Boris L. Henson Foundation seeks to erase the stigma around mental health in the African-American/Black community by increasing mental health support in schools, increasing the number of African-American therapists, and more. Their directory offers a list of mental health providers and programs centered on this community.

Therapy Aid Coalition: https://bit.ly/tac_r

Therapy Aid Coalition seeks to provide free/low-cost short-term therapy for frontline workers during the COVID-19 pandemic. TAC goes beyond only supporting healthcare workers and also includes teachers, school personnel, staff of homeless, DV, etc. shelters, truck drivers, postal and parcel delivery workers, and more. Their directory includes a state search as well as a language and therapy type search.

Therapy for Black Men: https://bit.ly/TFBM_res

Therapy for Black Men works to fight stigma associated with seeking therapy or support by providing a searchable directory of culturally competent therapists and coaches as well as additional resources on their site.

Therapy for Latinx: https://bit.ly/THY4LX_res

Provides a directory for Latinx folks to find culturally-attuned and inclusive therapists.

Abortion

Abortion Finder: https://bit.ly/AFUS_res

Abortion Finder shares information about the procedure and is a directory for verified abortion providers and health centers in the U.S

Abortion Out Loud Resources: https://bit.ly/AY_res

Abortion Out Loud combines stories, advocacy, and leadership to reduce stigma and increase a young person's access to abortion services.

Abortion Resolution Workbook: https://bit.ly/ARW_res

The Abortion Resolution Workbook helps people process complex emotions related to abortion through short guided reflection activities.

DIY Doula (Abortion Support):

<https://static1.squarespace.com/static/57f7026fb3db2bbcce92abb3/t/5811796029687f04802e8180/1477540212493/DIYDoulaZine.pdf>

DIY Doula is a PDF that teaches you about self-care before, during, and after an abortion.

Exhale Textline: https://bit.ly/EAAT_r

Exhale provides specific after-abortion support via their textline and call line. Both numbers are available at the link.

Hey Jane: https://bit.ly/hj_res

Hey Jane works to provide accessible abortion care online for eligible people of all genders and regardless of immigration status.

National Abortion Federation: https://bit.ly/naf_re

NAF's site offers a directory, a multilingual hotline, and information about abortions for both patients and providers.

Planned Parenthood: https://bit.ly/PP_ref

Planned Parenthood is a website that provides reproductive health care, sex education, and information on other health topics.

Plan C: <https://www.plancpills.org/>

Provides information about at-home abortion pills.

Abuse

1 in 6: http://bit.ly/1in6_ref

1-in-6 is a website that offers assistance for men who have been sexually assaulted or abused.

Breaking Code Silence: https://bit.ly/bcs_re

Breaking Code Silence provides support to survivors, educates about the TTI, investigates programs for abuse, and advocates for youth.

Center for Relationship Abuse Awareness: https://bit.ly/CRAA_ref

Center for Relationship Abuse Awareness provides information and resources on abusive relationships, sexual assault, and safety planning.

Childhelp National Child Abuse Hotline (USA number): https://bit.ly/CHHL_res or 18004224453

Childhelp is a website that provides information about spotting and reporting child abuse, training, intervention, and treatment.

Cybersmile: http://bit.ly/CYS_res

Shares resources, support, and information on various cyber issues including revenge porn, doxxing, cyberbullying, gaming addictions, cyber abuse and harassment, swatting, and online security.

Deaf Overcoming Violence through Empowerment: https://bit.ly/DOVE_r

DOVE is a website that supports deaf women who have survived domestic violence or sexual assault.

ENOUGH: Support for Student Survivors: https://bit.ly/ESS_res

ENOUGH provides free and confidential support, legal information, and a toolkit to college student survivors of sexual violence.

Guide to Wellness: https://bit.ly/JBGW_res

Guide to Wellness is a workbook for survivors that helps you track progress, calm yourself down, and practice self-care while healing.

Heart to Grow: https://bit.ly/HTG_res

Heart to Grow seeks to ensure that Muslims have the language and resources to confront sexual violence. Their resource library contains resources that acknowledge and are rooted in the Muslim faith.

Help for Men Who are Being Abused: http://bit.ly/HFM_r

An article for men in abusive relationships who are seeking support and resources.

HelpGuide (Main Site): https://bit.ly/HG_res

HelpGuide is a website that offers articles with self-help tools for more than 21 topics ranging from learning disabilities to suicide prevention.

How to Help Someone in an Abusive Relationship: https://bit.ly/DVA_res

How to Help Someone in an Abusive Relationship is a PDF that teaches you how to support someone in an abusive relationship.

How to Recognize Signs of Emotional and Mental Abuse: http://bit.ly/SMEA_r

An article detailing how to recognize signs of mental and emotional abuse.

Just Detention International: https://bit.ly/jdi_r

Just Detention International's directory search offers counseling and legal services for survivors of sexual abuse in detention/incarceration.

Life After Hate: http://bit.ly/LAH_r

Life After Hate is committed to helping people leave the violent far-right to connect with humanity and lead compassionate lives.

Me Too Toolkit for Survivors During COVID-19: https://bit.ly/TSDC_res

Educates survivors of sexual assault on self-care and survival during COVID-19. Also provides information for third parties looking to support a survivor.

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aacf133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.

Moving Ahead: https://bit.ly/ahead_res

PDF that educates survivors of domestic violence on navigating financial and safety challenges when ending an abusive relationship.

My Plan App: https://bit.ly/plan_res

Offers intimate partner violence safety planning with personalized safety information and resources for self or someone else in an abusive relationship.

National Adult Protective Services Association (USA): https://bit.ly/APS_ref

Provides information about protective services and reporting abuse for senior adults and adults with disabilities.

Abuse Contd.

National Association of Adult Survivors of Child Abuse: https://bit.ly/NAASCA_res

Offers education, support, and meetings to address issues related to childhood abuse and trauma including: sexual assault, violent or physical abuse, emotional trauma and neglect.

National Domestic Violence Hotline (USA): http://bit.ly/NDVH_ref or 1-800-799-SAFE (7233)

Offers 24/7 help for domestic assault survivors over the phone, and has information on how to recognize and prevent domestic abuse. (Deaf and Hard-of-Hearing approved)

National Human Trafficking Hotline (USA): https://bit.ly/NHTH_ref or 1-888-373-7888

Offers a crisis hotline and resource directory serving victims and survivors of human trafficking. (Deaf and Hard-of-Hearing approved)

MCMEC's CyberTipline: https://bit.ly/NCT_res

NCMEC's CyberTipline provides both a hotline and form for reporting child sexual exploitation and abuse. The service also allows for "self-reports" in instances where a minor's own image is put online. The site also provides assistance and support to survivors and families.

Pandora's Project: https://bit.ly/Ppr_res

Pandora's Project offers peer support to survivors of rape or sexual abuse through a safely moderated online support group and main site.

RAINN: https://bit.ly/RAINN_ref or 1-800-656-4673

Provides information, resources and confidential hotline for survivors of sexual assault. (Deaf/Hard-of-Hearing approved)

RU Safe App: https://bit.ly/ruapp_r

RUSafe App offers a secure journal tool, links to resources, and can use location services to identify closest shelters and domestic violence support services. The app also allows for safety planning. Note: The app is not concealed behind a different image or name once downloaded.

SafeBAE: <https://bit.ly/BAEres>

SafeBAE is a student-founded, student-led organization whose mission is to end sexual violence among middle and high school students. SafeBAE provides information on safe bystander intervention, dating and sexual violence, affirmative consent, and survivor care.

Shalom Task Force: https://bit.ly/stk_r

Shalom Task Force works to combat and prevent domestic violence within the Jewish community. Services include a chatline/hotline and legal support.

Stop It Now: http://bit.ly/SIN_ref

Provides immediate help for adults to intervene in child sexual abuse, and information to prevent child sexual abuse from occurring. Also helpful for perpetrators/abusers.

StrongHearts Native Helpline: https://bit.ly/SHNV_res or 1-844-7NATIVE (762-8483)

Offers a safe domestic, dating, and sexual violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy daily from 8 a.m. to 11 p.m. EST. Anonymous and confidential.

The National Sexual Violence Resource Center: http://bit.ly/NSVRC_ref or 877-739-3895

Advocates for leadership and prevention of sexual violence through their resources and media centers.

The Network La Red: https://bit.ly/tnlr_r

TNLR works to end abuse in queer, kink, and polyamorous communities through organizing, education, and support services.

The Safe Havens Mapping Project: <https://bit.ly/3hov3mO>

Offers a searchable directory for the pets of those experiencing domestic violence, created and managed by the Animal Welfare Institute.

The VictimConnect Resource Center: http://bit.ly/VC_res or 1-855-484-2846

The VictimConnect Resource Center is a referral helpline where crime victims and survivors can learn about their rights and options confidentially and compassionately.

WomensLaw.org: https://bit.ly/WL_ref

Women's Law is a website that provides legal information for survivors of domestic and sexual abuse.

Workplaces Respond: http://bit.ly/WR_ref

Workplaces Respond is a website that provides legal information, safety planning, and immediate help for instances of abuse or harassment at work.

Anti-Racism and General Discrimination

American Civil Liberties Union: https://bit.ly/RIGHTS_res

ACLU is a website that provides information on our rights as US citizens around immigration, LGBTQ+, voting, disability, and more.

Asian American Legal Defense and Education Fund: http://bit.ly/AALDEF_r

Provides information on the legal rights of the AAPI community as well as actionable steps to take to make a difference.

Black Emotional and Mental Health: https://bit.ly/beam_res

Provides a toolkit with journaling prompts and worksheets for: self de-escalation, self care, and coping strategies for Black and marginalized communities. Also provides resources for finding a therapist or a mobile crisis team.

BlackLine: https://bit.ly/BLINE_res or 1 (800) 604-5841

Offers an anonymous hotline for the Black, Black LGBTQ+, Brown, Native, and Muslim community to confidentially report negative, physical, and inappropriate contact with police and vigilantes. (No one will be turned away from the Hotline based on race)

Community Justice Exchange: https://bit.ly/NBFN_res

Provides a directory of local bail funds for people who cannot afford bail. Also offers resources for protest and immigration bail funds.

Healthy Communication with Youth about Race:

https://bit.ly/RES_res

Provides resources to parents and others to assist them in promoting strength, health and well-being among youth of color.

How to be an Ally to Sex Workers: http://bit.ly/ASW_r

PDF that shares helpful tips on how an ally can support sex workers.

Informed Immigrant: https://bit.ly/IIE_res

Website offers informational resources about DACA, TPS, deportation, mental health, and how to get help during the COVID-19 pandemic.

Life After Hate: http://bit.ly/LAH_r

Life After Hate is committed to helping people leave the violent far-right to connect with humanity and lead compassionate lives.

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aacf133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.

Mijente: https://bit.ly/mij_res

Mijente inspires people passionate about social change through active campaigns and a network of advocacy.

National Queer and Trans Therapists of Color Network (USA): https://bit.ly/nqttcn_res
Offers a directory of Queer and Trans therapists of color, as well as a mental health fund for assisting Queer and Trans people of color pay for their treatment.

Obama Foundation: https://bit.ly/OFAA_ref
Provides resources to help users stay informed, engaged, and actionable about police violence and antiracism in the US.

Report an Anti-Semitic, Bias, or Discriminatory Incident: http://bit.ly/ADL_r
Report anti-Semitic or other hate crimes, and receive resources on how to get involved in stopping anti-Semitic rhetoric and BIPOC violence.

Sandy Hook Promise: https://bit.ly/SHP_res
Offers programs that teach youth and adults how to prevent violence, shootings, and other harmful acts with age-appropriate, antiracist curriculum that can be delivered online or in-person.

Sex Workers Outreach Project: <http://bit.ly/SWOPr> or 877-776-2004
Sex Workers Outreach Project is a national org run by and for sex workers. Offers resources, info on advocacy, and a community support line.

South Asian Sexual and Mental Health Alliance: https://bit.ly/sasmha_r
SASMHA provides many resources about mental and reproductive health, being LGBTQIA, and more.

Staying Safe During a Protest: https://bit.ly/protest_res
Staying Safe During a Protest is a PDF that teaches you how to stay safe when attending a protest or civil demonstration.

Stop AAPI Hate: http://bit.ly/API_r
Provides action steps for reporting AAPI hate crimes and shares resources for getting involved.
Anti-Racism and General Discrimination Contd.

Surviving and Resisting Hate: A Toolkit for People of Color: https://bit.ly/HATE_res
Surviving and Resisting Hate is a PDF that offers a toolkit for people of color with tips to navigate racial injustice.

Talking About Race: https://bit.ly/NMAM_res
Provides tools and guidance to empower everyone to learn and talk about race. Helpful for: educators, parents/caregivers, allies, and any person committed to equity.

The Boris L. Henson Foundation: Let's Talk Resource Guide: https://bit.ly/BLHF_res
The Boris L. Henson Foundation seeks to erase the stigma around mental health in the African-American/Black community by increasing mental health support in schools, increasing

the number of African-American therapists, and more. Their directory offers a list of mental health providers and programs centered on this community.

The Center for Popular Democracy: <https://bit.ly/TC4PD>

Works to create equity, opportunity and a dynamic democracy in partnership with high-impact base-building organizations, organizing alliances, and progressive unions.

Two Spirit and LGBTQ Health: https://bit.ly/spirit_res

Provides resources for Two Spirit and LGBTQ+ individuals and loved ones (third party) within the American Indian/Alaska Native community. Includes information on finding a provider, community support, mental health care, and legal rights.

United We Dream: https://bit.ly/UWD_res or 1-844-363-1423

Advocates for DACA recipients and Latinx immigrants with additional resources like legal, leadership development, deportation defense, community sustainability, and health and wellness.

Ways to Help with Racial Justice: https://bit.ly/BLM_res

Lists actionable ways to help with racial justice.

We R Native: https://bit.ly/WRN_res

We R Native is a website that offers resources to Native youth (14-24) for culture, relationships, spirituality, activism, health, and more.

What to do when a Loved One Sides with White Supremacists: http://bit.ly/WTD_r

Shares communication techniques, coping skills, and helpful tool for what to do when a loved one sides with white supremacists.

Bullying/Harassment

American Civil Liberties Union: https://bit.ly/RIGHTS_res

ACLU is a website that provides information on our rights as US citizens around immigration, LGBTQ+, voting, disability, and more.

Be Strong: http://bit.ly/strong_ref

Be Strong is a website and app that can support you through bullying, depression, thoughts of suicide, and other challenges.

Cyber Civil Rights Initiative: https://bit.ly/CCR_ref or 844-878-2274

Provides victims of non-consensual pornography, revenge porn, and other forms of online abuse with legal information and advocacy resources. Victims in the US can also call their helpline 24/7. Interpretation is available to callers in most languages. (Deaf/Hard-of-Hearing approved)

Disability.gov: https://bit.ly/DR_ref

Educates people with disabilities on: civil rights, benefits, employment, emergency preparedness, housing, technology, and transportation.

Ditch the Label!: https://bit.ly/DLa_res

Ditch the Label! supports teens and young adults (12-25) with coping skills for and information about bullying, relationships, mental health, and more. The site also has a peer support forum.

Games and Online Harassment Hotline: http://bit.ly/GH_res

Offers resources as well as a hotline (available weekdays) for those struggling with games and online harassment. Text SUPPORT to 23368 from 3-7PM PT, every day.

GirlsHealth: https://bit.ly/GH_ref

Teaches girls about health and well-being, relationships (including family), bullying, illness, and disabilities.

HeartMob: https://bit.ly/HM_res

HeartMob provides support and resources to people experiencing online harassment to allow them to understand and report instances of abuse/harassment if they so choose.

KidsHealth: http://bit.ly/KH_ref

Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more.

Obama Foundation: https://bit.ly/OFAA_ref

Provides resources to help users stay informed, engaged, and actionable about police violence and antiracism in the US.

Quick Guides: http://bit.ly/QG_R

Quick Guides shares helpful information for parents on internet safety and bullying.

Stomp Out Bullying: https://bit.ly/SO_ref

Provides information and advocacy resources for victims of bullying, cyberbullying, sexting, and other forms of peer abuse.

Surviving and Resisting Hate: A Toolkit for People of Color: https://bit.ly/HATE_res

Surviving and Resisting Hate is a PDF that offers a toolkit for people of color with tips to navigate racial injustice.

Workplaces Respond: http://bit.ly/WR_ref

Provides legal information, safety planning, and direct contacts to immediate help for survivors of abuse or harassment in the workplace.

Anxiety

54321 Grounding Technique:

<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>

Leads user through a five step grounding exercise to find calm. Also includes additional grounding exercises.

Anger Diary: https://bit.ly/angd_res

Offers a way to reflect on how we responded when we were angry and identify triggers in order to prevent future outbursts.

Anger Management Helpguide:

<https://www.helpguide.org/articles/relationships-communication/anger-management.htm>

Provides techniques to help with anger management and expressing feelings.

Anxiety and Depression Association of America: https://bit.ly/ADAA_ref

Promotes prevention, treatment and support for anxiety, depression, OCD, PTSD, stress, suicide, and co-occurring disorders. They also have a therapist directory.

Anxiety Coping Skills Worksheet: https://bit.ly/acs_re

This PDF offers coping skills for anxiety, including breathing exercises, progressive muscle relaxation, and challenging irrational thoughts.

Asian Mental Health Collective: http://bit.ly/AMHC_r

A website dedicated to providing information, resources, and personal stories to the AAPI community.

Black Emotional and Mental Health: https://bit.ly/beam_res

Provides a toolkit with journaling prompts and worksheets for: self de-escalation, self care, and coping strategies for Black and marginalized communities. Also provides resources for finding a therapist or a mobile crisis team.

Breathing GIF: <https://bit.ly/breathectl>

Leads viewer through a breathing exercise following an animated visual aid. Helpful for anxiety or panic attacks.

Dartmouth Relaxation Downloads: https://bit.ly/DRD_ref

Provides audio files for guided relaxation, meditation, mindfulness, and imagery exercises.

DBT Skills Workbook: <https://bit.ly/3xILfw9>

Shares practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation & distress tolerance.

Dealing With Change: https://bit.ly/dwc_res

Dealing with Change is a PDF that helps you think about what's happening, your feelings, and what coping skills have helped in the past.

Decatastrophizing: <https://www.therapistaid.com/worksheets/decatastrophizing.pdf>

Offers a worksheet for those struggling with anxiety, panic, and exaggerating their problems, by addressing irrational thoughts.

Dialectical Behavior Therapy: https://bit.ly/DBT_res

Dialectical Behavior Therapy (DBT) focuses on teaching people strategies to help them live their best and most productive life. DBT is often used to help people with depression, anxiety, borderline personality disorders, addictions, eating disorder, and PTSD.

Distress Tolerance: https://bit.ly/DIST_res

Offers guidance on handling and accepting situations that are out of our control.

Everytown Support Fund: http://bit.ly/ESF_r

Provides information on combating gun violence, coping with the aftermath of a mass shooting, and has a forum for survivors.

Goal Breakdown: <https://www.therapistaid.com/worksheets/goal-breakdown.pdf>

Helps users break down large goals into smaller, more manageable tasks. Beneficial when feeling overwhelmed and unsure where to start.

Greater Good in Action Practices: https://bit.ly/ggia_r

GGAP, curated by UC Berkeley, offers over 80 practices for growing self-compassion, mindfulness, happiness, coping with stress, etc.

Grounding: Create Personal Calm: http://bit.ly/GW_ref

This grounding worksheet teaches you grounding techniques to calm yourself down during a heated moment.

HelpGuide (Main Site): https://bit.ly/HG_res

Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).

Helping Children Cope: https://bit.ly/HCC_res

Educates parents and caregivers on helping children cope with emergencies and natural disasters.

Homeless Shelter Directory: <https://bit.ly/3v3pOi3>

Provides a national directory of homeless shelters, Low Income and Affordable Housing, dental/medical clinics, rent assistance, relief organizations, soup kitchens, and food banks.

KidsHealth: http://bit.ly/KH_ref

Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more.

Looking After Yourself: https://bit.ly/CCI_res

Offers workbooks for self-guided techniques to improve mental health. Topics include: assertiveness, sleep, procrastination, self-esteem, depression, anxiety, self-compassion, body dysmorphia, perfectionism, and more.

Mass Shooting and Violence Resources: http://bit.ly/MSVR_ref

Offers information and specific strategies to support children who have faced trauma, with links to trauma recovery resources.

Mental Health America: Warmlines List (USA): https://bit.ly/MHA_wr

This Warmline list offers a database of warmlines across the US to those are not in crisis, but seeking support through conversation.

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aacf133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.

National Queer and Trans Therapists of Color Network: https://bit.ly/nqttcn_res

Offers a directory of Queer and Trans therapists of color, as well as a mental health fund for assisting Queer and Trans people of color pay for their treatment.

Parental Stress Line: <https://www.parentshelpingparents.org/stressline> or 1-800-632-8188

Provides a 24 hour helpline for parents who need to discuss issues related to their children. Translators available to support all languages.

Pixel Thoughts: https://bit.ly/PT_ref

Offers an interactive, 60-second meditation tool to communicate worries and release bothersome thoughts. (Deaf/Hard-of-Hearing approved)

Progressive Muscle Relaxation: https://bit.ly/pmr_r

The Progressive Muscle Relaxation PDF walks you through an exercise to help reduce anxiety or panic in the moment.

PTSD Coach: http://bit.ly/CoachPTSD_ref

Provides people with PTSD with information, treatment options, symptom tracking, and coping skills.

Self-Help Anxiety Management App:

Apple: <https://apple.co/3h7HpA2> Android: https://bit.ly/SAMand_res

Facilitates self-help for anxiety with resources to build one's own Anxiety Toolkit through an app for iOS and Android.

Self-Injury Recovery Anonymous: https://bit.ly/SIRA_res

Provides a safe space for individuals who engage in physical self-injury to come together to share experiences without judgment or criticism.

Smiling Mind: https://bit.ly/SM_res

Guided mindfulness and meditation tool/app for any age.

Support Groups Central: http://bit.ly/SGC_r

Peer support groups hosted over video chat and monitored by trained facilitators. A small fee for some groups.

Surviving and Resisting Hate: A Toolkit For People of Color: https://bit.ly/HATE_res

Provides a list of tips and practices for people of color navigating racial injustice.

Ten Ways to Untwist Your Thinking: http://bit.ly/utt_ref

Ten Ways to Untwist your Thinking is a PDF that teaches you techniques to manage negative thoughts.

The TLC Foundation for Body-Focused Repetitive Behaviors: http://bit.ly/TLCF_r

Provides a holistic approach to overcoming and healing from body-focused repetitive behaviors.

The Tribe Wellness Community: <https://support.therapytribe.com/>

Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist.

Anxiety Contd. 2

The Village Family: https://bit.ly/FAM_res

Educates readers on ways to emotionally prepare before, during, and after an election.

Trauma and Gun Violence | Everytown: http://bit.ly/TGV_R

This Trauma and Gun Violence sheet explains trauma after gun violence and shares coping skills.

U.S. Equal Employment Opportunity Employment Commission: https://bit.ly/right_res

Offers legal information for workers with Depression, PTSD, and other mental illnesses.

We R Native: https://bit.ly/WRN_res

We R Native is a website that offers resources to Native youth (14-24) for culture, relationships, spirituality, activism, health, and more.

What's Up? Mental Health App: https://bit.ly/wua_r

The What's Up? App offers methods to cope with depression, sadness, stress, and more. The app has spaces to track habits, journal, and coping skills for de-escalating difficult emotions.

COVID-19

Carbon Health: <https://carbonhealth.com/coronavirus/covid-19-testing-centers?amp=1>

Carbon Health is directory that provides a list of places currently offering COVID-19 testing and vaccines

Caregiver Guide to Helping Families Cope with COVID-19:

<https://files.constantcontact.com/392c69bb001/7ea86f32-3970-4d32-9518-b386d2bb9407.pdf>

Caregiver Guide to Helping Families Cope is a PDF that educates you on how to cope with and support your family through COVID-19

Centers for Disease Control and Prevention: http://bit.ly/CDC_ref or 800-232-4636

The CDC provides you with information on emergency preparedness, healthy traveling, current threats to health, and local clinics

Coronavirus Information for Kids:

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

Coronavirus Information for kids is a pdf that adults can use to educate children about COVID-19 how to reduce the spread

COVID Coach: https://bit.ly/COACH_res

Covid Coach is an app that offers tools and resources to help you with self-care and overall mental health during COVID-19

COVID-19 Health Literacy Project: <http://bit.ly/C19HLP>

Fact Sheet in 35 Languages physician vetted

Dr. B Vaccine Standby List: http://bit.ly/dr_b_r

A database of COVID-19 vaccine standby lists throughout the USA

Find Help: https://bit.ly/AB_ref

Connects people to local resources and support, with the ability to search for low-cost care options

Me Too Toolkit for Survivors During COVID-19: https://bit.ly/TSDC_res

Me Too Toolkit for Survivors is a PDF that educates survivors of sexual assault on self-care and survival during COVID-19. Also for third parties looking to support a survivor.

Physician Support Line: https://bit.ly/PhysSup_res

Physician Support Line is a free confidential support line where psychiatrists support physicians and med students through COVID-19

Survivor Corps: https://bit.ly/sc_res

Survivor Corps is a grassroots movement that provides education and resources for COVID-19 patients

The Emotional PPE Project: https://bit.ly/eppe_r

Emotional PPE Project connects mental health workers who provide free mental health support to healthcare workers affected by COVID-19

Therapy Aid Coalition: https://bit.ly/tac_r

Therapy Aid Coalition seeks to provide free/low-cost short-term therapy for frontline workers during the COVID-19 pandemic. TAC goes beyond only supporting healthcare workers and also includes teachers, school personnel, staff of homeless, DV, etc. shelters, truck drivers, postal and parcel delivery workers, and more. Their directory includes a state search as well as a language and therapy type search

Vaccine Finder: http://bit.ly/VF19_r

Helps people find clinics, pharmacies, and other locations that offer COVID-19 vaccines in the United States

VaxTeen: https://bit.ly/VT_res

VaxTeen caters to teenagers to counter misinformation, helping unvaccinated people find what immunizations they need and how to get them

World Health Organization: http://bit.ly/WHO_ref

Promotes health and addresses health topics to inform individuals about proper care options

Depression

Antidepressant Skills Workbook: https://bit.ly/DWD_ref

The Anti-depressant skills workbook offers a self guide for managing depression through self-care and coping skills

Antidepressant Skills Workbook for Teens: https://bit.ly/DWDT_ref

The Antidepressant Skills Workbook for Teens offers a self guide for managing depression through self-care and coping skills

Anxiety and Depression Association of America: https://bit.ly/ADAA_ref

This is ADAA, it offers prevention, treatment, and support for anxiety, depression, OCD, PTSD, and more

Asian Mental Health Collective: http://bit.ly/AMHC_r

A website dedicated to providing information, resources, and personal stories to the AAPI community

Be Strong: http://bit.ly/strong_ref

Be Strong is a website and app that can support you through bullying, depression, thoughts of suicide, and other challenges

Black Emotional and Mental Health: https://bit.ly/beam_res

Provides a toolkit with journaling prompts and worksheets for: self de-escalation, self care, and coping strategies for Black and marginalized communities. Also provides resources for finding a therapist or a mobile crisis team

Decatastrophizing: <https://www.therapistaid.com/worksheets/decatastrophizing.pdf>

Decatastrophizing is a worksheet that helps you with anxiety and problems by addressing irrational thoughts

Depression and Bipolar Support Alliance: https://bit.ly/DBSA_ref

Provides support, education, and resources to improve the lives of people with depression and bipolar disorder as well as support and resources for family, and friends (third party)

Dialectical Behavior Therapy: https://bit.ly/DBT_res

Dialectical Behavior Therapy (DBT) focuses on teaching people strategies to help them live their best and most productive life. DBT is often used to help people with depression, anxiety, borderline personality disorders, addictions, eating disorder, and PTSD

Find Your Words: https://bit.ly/fyw_en

Find Your Words is a website that offers information and support about suicide, suicidal thoughts, and depression

Heads Up Guys: <https://headsupguys.org/>

Heads Up Guys offers information and resources for men with depression and their loved ones who want to support them

HelpGuide (Main Site): https://bit.ly/HG_res

Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved)

Helping Children Cope: https://bit.ly/HCC_res

Educates parents and caregivers on helping children cope with emergencies and natural disasters

Inclusive Therapists: http://bit.ly/IT_r

Inclusive Therapists is a directory of social justice-oriented professionals that strive to embody: anti-discrimination, anti-oppression, anti-stigma, anti-racism & anti-ableism

International Bipolar Foundation: <https://bit.ly/2M0IHxX>

Empowers individuals living with bipolar disorder and their caregivers by providing advocacy, education, support, and awareness

LiveWell Foundation: http://bit.ly/LWF_r

Offers online video support groups moderated by trained peer volunteers

Looking After Yourself: https://bit.ly/CCI_res

Offers workbooks for self-guided techniques to improve mental health. Topics include: assertiveness, sleep, procrastination, self-esteem, depression, anxiety, self-compassion, body dysmorphia, perfectionism, and more

MannMukti: https://bit.ly/MM_rctI

MannMukti encourages healthy, open dialogue of South Asian mental health issues to remove stigma, improve awareness and promote self-care

Mental Health America: https://bit.ly/MHA_r

Provides education, resources, and screenings to detect mental illness and to those living with mental illness

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aacf133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people

Mental Health is Health: https://bit.ly/HOU_ref

Offers information on a wide variety of struggles that young people face and connects students with resources to decrease mental health stigma, help themselves, or a third party

NAMI: Getting Treatment During a Crisis: http://bit.ly/NAMICrisis_ref

Explains how different mental health crisis response services work to help discover and choose which option is best for a person's current crisis

National Alliance on Mental Illness: https://bit.ly/NAMI_ref

Provides education, information, and advocacy for those affected by mental illness including a HelpLine for symptom checking, treatment options, local support and services, job services, and legal issues

National Association on Self-Esteem: http://bit.ly/HSE_r

Offers lessons, activities, and up-to-date research on how to understand and boost self-esteem

National Queer and Trans Therapists of Color Network: https://bit.ly/nqttcn_res
Offers a directory of Queer and Trans therapists of color, as well as a mental health fund for assisting Queer and Trans people of color pay for their treatment

Open Counseling: http://bit.ly/OC_ref
Provides a searchable directory for anyone who is in need of local affordable counseling

Postpartum Depression.org: https://bit.ly/PPD_r
PostpartumDepression.org supports families affected by postpartum depression and connects to services as well as online support groups

Postpartum Support International: http://bit.ly/PPM_ref
Postpartum Support International is a website that provides support with postpartum life and complications like loss of a child, and more

Self-Injury Recovery Anonymous: https://bit.ly/SIRA_res
Provides a safe space for individuals who engage in physical self-injury to come together to share experiences without judgment or criticism

South Asian Therapists: http://bit.ly/SAT_r
Offers a directory of trusted, culturally competent therapy by and for those in the South Asian community

Stopping Stupid Thoughts: https://bit.ly/SST_ref
Stopping Stupid Thoughts is a PDF that provides suggestions for overcoming negative thoughts

Support Groups Central: http://bit.ly/SGC_r
Peer support groups hosted over video chat and monitored by trained facilitators. A small fee for some groups

Supporting Someone With Depression: <https://bit.ly/2UUeTdr>
This worksheet educates loved ones on how to support someone with depression.

Therapy for Latinx: https://bit.ly/THY4LX_res
Provides a directory for Latinx folks to find culturally-attuned and inclusive therapists

TheTribe Wellness Community: <https://support.therapytribe.com/>
TheTribe Wellness Community is a forum that connects you to peer support for help facing mental health challenges or difficult family dynamics

What's Up? Mental Health App: https://bit.ly/wua_r
The What's Up? App offers methods to cope with depression, sadness, stress, and more. The app has spaces to track habits, journal, and coping skills for deescalating difficult emotions

Eating/Body Image

Eating Disorders Anonymous: https://bit.ly/EA_ref

Eating Disorders anonymous is a 12-step program with live and online communities to support you in your recovery

KidsHealth: http://bit.ly/KH_ref

Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more

Looking After Yourself: https://bit.ly/CCI_res

Offers workbooks for self-guided techniques to improve mental health. Topics include: assertiveness, sleep, procrastination, self-esteem, depression, anxiety, self-compassion, body dysmorphia, perfectionism, and more

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aacf133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people

Mental Health is Health: https://bit.ly/HOU_ref

Offers information on a wide variety of struggles that young people face and connects students with resources to decrease mental health stigma, help themselves, or a third party

National Association of Anorexia Nervosa/Other Related Disorders: http://bit.ly/ANAD_r or 1-800-931-2237

Provides information, peer support groups, and hotlines for those struggling with eating disorders

National Eating Disorder Association: https://bit.ly/NEDA_ref or 1-800-931-2237

Offers forums, support groups, and free screenings to determine if an individual with an eating disorder should seek professional help

Project HEAL: https://bit.ly/PrjHe_res

Project HEAL provides support to people who seek to recover from an eating disorder by providing resources and working to eliminate barriers to treatment access. They focus on expanding access through practical means, including funding options, for BIPOC and LGBTQIA communities who are often left out of ED research and treatment

Recovery Dharma: https://bit.ly/dhar_res

Provides addiction recovery support through the practice of Buddhist teachings and meditations via both in-person and online meetings. Support is for any addictive behavior (substance use or

process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering)

Recovery Record: https://bit.ly/RR_ref

Supports recovery and tracks progress for people with eating disorders by providing self-monitoring, goals, coping tactics, meal planning, rewards and affirmations, and connection

Sanctuary in the City: Eating Disorder Support Group for Black Folk: https://bit.ly/edb_r

Sanctuary in the City offers a monthly support group online for Black folks struggling with eating disorders or disordered eating behaviors. The group does not require or provide a formal diagnosis to participate

The Alliance for Eating Disorders Awareness: https://bit.ly/AFED_r

The Alliance for Eating Disorders Awareness is a national nonprofit providing referrals, education, and support for all eating disorders

Finances

CareerOneStop: http://bit.ly/COS_ref or 1-877-872-5627

Provides resources and guides for unemployment insurance benefits, career exploration, job training, as well as job searching

Benefits (Gov) (USA): https://bit.ly/be_res

Benefits.gov is a website offering national resources to those with low or no income. The out of work page is specifically for those seeking support after losing employment and links to additional, specialized information

Child Care Aware: http://bit.ly/CCA_ref

Connects families to local child care, including resources for financial assistance, health and social services with respect to child care. Also provides resources for military/DOD families

Childcare.gov (USA): <https://childcare.gov/>

This website connects parents to safe childcare services in their community. The site also provides information about financial assistance for those struggling to afford or find childcare

Community Justice Exchange: https://bit.ly/NBFN_res

Provides a directory of local bail funds for people who cannot afford bail. Also offers resources for protest and immigration bail funds

Coping with Debt PDF: https://bit.ly/CWD_r

Provides information on how to manage debt via self-help, debt relief services, debt consolidation, or bankruptcy

Debtors Anonymous: http://bit.ly/DA_res

Offers a 12 Step recovery program for people who want to stop incurring unsecured debt

Feeding America: Find Your Local Food Bank: http://bit.ly/FA_ref

Offers a Zip-code based directory of food banks in the US for people in need

Get Your Refund: <https://www.getyourrefund.org/en>

Provides free tax filing assistance to families earning less than \$66,000 a year.

Good RX: https://bit.ly/GRX_res

GoodRX allows users to search their medication/prescriptions and compare prices at different pharmacies. It also contains information about the meds and potential side effects for folks who want to learn more and perhaps ask their pharmacists questions. Often, GoodRX also provides coupons for medications that can be used at most major pharmacies in the U.S. This service allows folks without insurance to save on medication, and it can also be used by people with insurance

Healthwell Foundation: https://bit.ly/HWFe_res

HealthWell is an organization that supports folks with inadequate health insurance and helps cover certain medical costs if you qualify

Help With Bills: http://bit.ly/HWB_ref

Provides information about government programs that help with bill payment and temporary assistance

IAVA: https://bit.ly/IAVA_r or 1-855-91RAPID

Provides confidential, 24/7 peer to peer support, comprehensive care management, and resources for veterans and their families. Ideal for support with finances, mental health, homelessness, disability claims, employment, education, and legal issues

IdentityTheft.gov: <https://bit.ly/3x7vSXO>

Provides victims a way to report and recover from identity theft

Modest Needs Foundation: http://bit.ly/MNF_r

Provides short-term financial assistance to individuals and families in temporary crisis who are ineligible for conventional financial assistance

Moving Ahead: https://bit.ly/ahead_res

Educates survivors of domestic violence on navigating financial and safety challenges when ending an abusive relationship

mRelief: https://bit.ly/mrelief_ref or Text the word SNAP to 74544

Facilitates a fast and simplified process for qualifying for food stamps via their website or text

My Money Tools: https://bit.ly/mmg_r

My Money Tools is a page that offers different information and templates to help with financial literacy and financial planning. Each section has tools for topics such as budgeting, purchasing a vehicle, and debt management

National Endowment for Financial Education: http://bit.ly/NEFE_ref

Provides resources on financial literacy to help with financial decision-making

Patient Access Network Foundation: <https://www.panfoundation.org/>

Offers a prescription assistance copay grant to people living with life-threatening, chronic, and rare diseases with the out-of-pocket costs for their prescribed medications

Patient Advocate Foundation: https://bit.ly/PAF_res

Provides low-income and uninsured patients with case management services and financial aid to access healthcare treatment for chronic, life-threatening, and debilitating illnesses

Prism: http://bit.ly/pris_ref

Prism is an app that helps you keep track of your bills and paychecks in order to help with budgeting and money management

Upsolve: <https://upsolve.org/team/>

Offers an app that helps you get screened and file for bankruptcy. You can also consult with a lawyer for free

Gender/Sexual Identity

Asexual Visibility and Education Network: <https://www.asexuality.org/>

Provides education to those on the asexual spectrum as well as an online community, and large archive of resources on asexuality

Coming Out Handbook: http://bit.ly/OUT_ref

Coming Out Handbook is a PDF that provides tools and questions to help share your sexual identity with others

Family Acceptance Project: https://bit.ly/lfa_res

The Family Acceptance Project provides local, national, and international ethnic, cultural, and faith-based education and resources to help increase support for LGBTQ children, youth, and young adults

FORGE Forward: https://bit.ly/FF_res

FORGE is an organization that focuses support on trans/non-binary survivors of trauma by doing advocacy, seeking systems reform, and providing informative resources

Free Mom Hugs: https://bit.ly/HUG_ref

Offers resources for LGBTQ+ community members, emergency assistance, legal name changes, and same-sex marriage support

GLBT National Help Center: <http://www.glnh.org/talkline/> or 415-355-0003 or

help@GLBThotline.org

Telephone and email peer-counseling, factual information and local resources

GLBT Near Me: https://bit.ly/GLBT_ref

Provides an online database for finding local GLTBQ-friendly resources and support categorized by topics such as health, youth, hotline etc

Guide to Being an Ally to Transgender and Non-Binary Youth: http://bit.ly/TNB_ar

Includes definitions, common mistakes & tips on helping trans and non-binary youth feel safe

imi: https://bit.ly/imi_res

imi is a tool designed for LGBTQIA teens, and it includes guides about common topics related to gender and sexuality. They provide resources and teens can also text “imi” to 70764 get texted mental health boosts

InterAct: https://bit.ly/iA_enr

InterAct offers FAQ guides for common questions about being intersex, resources, links to other organizations and peer groups

JQ International: https://bit.ly/jqih_r

JQ International is a Jewish LGBTQ+ organization that focuses on healthy integration of Jewish and LGBTQ+ identities through community programming, education, and resources. Their Helpline provides inclusive support and resources for LGBTQ+ Jews, their families, and allies. 855.JQI.HLPS (855.574.4577)

Lambda Legal: http://bit.ly/LL_ref

Provides information about legal rights for LGBTQIA people and their families on a national and state-by-state basis

Let's Talk About It: A Transgender Survivor's Guide to Accessing Therapy: https://bit.ly/LTAI_r

This guide provides information for transgender and non-binary individuals who have survived abuse, assault, trauma and are seeking therapy/therapeutic services. The guide covers therapy as one of several options and describes types of therapy/therapists survivors may seek and breaks information down in accessible language

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aacf133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people

National Center for Transgender Equality: https://bit.ly/NCTE_ref or 202-642-4542

Provides information and multi-level resources about transgender people and issues such as healthcare, homelessness, and civil rights

National Harm Reduction Coalition: http://bit.ly/HR_r

National Harm Reduction Coalition shares info about radicalized drug policies as well as shares info on sex workers rights and advocacy

National Queer and Trans Therapists of Color Network: https://bit.ly/nqttcn_res

Offers a directory of Queer and Trans therapists of color, as well as a mental health fund for assisting Queer and Trans people of color pay for their treatment

Gender/Sexual Identity Contd.

OutCare: https://bit.ly/OCH_r

OutCare provides healthcare information for the LGBTQIA+ community. Connects to affirming providers.

PFLAG: https://bit.ly/PFLAG_ref

Provides LGBTQ community and their loved ones with information, tools, resources, advocacy, education and peer support chapters. (Deaf/Hard-of-Hearing approved)

Point of Pride: <https://www.pointofpride.org/>

Offers an annual transgender surgery fund, a free chest binder donation program, a free trans femme shape-wear Program, an electrolysis financial support program, and other community-building support initiatives for trans teens and adults

Q Chat Space: http://bit.ly/QCS_r

Offers moderated online live chat groups for LGBTQ+ teens ages 13 to 19

SAGE: <https://bit.ly/sageusa>

Leads in addressing issues related to LGBTQIA+ aging. In partnership with its constituents and allies, SAGE works to achieve a high quality of life for LGBTQIA+ older people, supports and advocates for their rights, fosters a greater understanding of aging in all communities, and promotes positive images of LGBTQIA+ life in later years. Hotline: 877-360-LGBT

Sex Etc.: https://bit.ly/SE_ctrl

Sex, Etc. has comprehensive sex ed information including topics such as sex, relationships, pregnancy, STIs, birth control, sexual orientation, and a state by state guide on teens' rights to information

The Muslim Alliance for Sexual and Gender Diversity (MASGD): https://bit.ly/MASGD_r

MASGD supports, empowers, connects, and advocates for Muslims who identify as LGBTQIA

TheTribe Wellness Community: <https://support.therapytribe.com/>

Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist

Trans Affirmation Coloring Book: https://bit.ly/TAC_res

This trans affirming coloring book is helpful for kids to learn and feel validated about their gender identity and experiences

Trans Can Work: http://bit.ly/TCW_r

Provides services to trans, intersex, and nonbinary job seekers looking for safe employment opportunities

Trans Lifeline: http://bit.ly/TL_r or (877) 565-8860

Provides 24/7 anonymous and confidential hotline support by and for transgender people

Trevor Project: https://bit.ly/TP_ref or 866-488-7386

Provides crisis intervention services to lesbian, gay, bisexual, transgender, and questioning youth, including a 24/7 hotline and text line

TrevorSpace: http://bit.ly/TS_ref

Connects LGBTQ youth to peer support and community through online forums. Must provide email address to join

Two Spirit and LGBTQ Health: https://bit.ly/spirit_res

Two Spirit and LGBTQ Health is a website with support for the American/Alaskan Native community on mental health care, legal rights, and more

Grooming

Internet Matters:

<https://www.internetmatters.org/issues/online-grooming/deal-with-it/#:~:text=How%20to%20report%20online%20grooming,-Report%20to%20CEOP>

Grief

Carson's Village: <https://carsonsvillage.org/>

Carson's Village is a website that helps you with burial arrangements, timeline of events, creating a family web page, and more

Alzheimer's Association: <https://bit.ly/39cT2D5>

Offers resources, support, and evidence-based education on those affected by Alzheimer's or related dementia

Coping with Divorce PDF: http://bit.ly/CWD_res

Education on taking care of yourself physically and mentally after a divorce and separation

DIY Doula (Abortion Support):

<https://static1.squarespace.com/static/57f7026fb3db2bbcce92abb3/t/5811796029687f04802e8180/1477540212493/DIYDoulaZine.pdf>

Provides information for caring for ones self before, during, and after an abortion. (NOTE: This resource is ONLY for INTENTIONAL termination)

Eluna: https://bit.ly/MF_ref

Provides resources for children and families coping with grief and addiction. Includes information about free camps for kids and teens affected by these issues

Everytown Support Fund: http://bit.ly/ESF_r

Provides information on combating gun violence, coping with the aftermath of a mass shooting, and has a forum for survivors

Glow in the Woods: <http://www.glowinthewoods.com/>

Offers a space for mothers and fathers who have experienced a miscarriage or infertility issues to share and grieve their loss. Additional info for third parties to support friends who suffer a loss

HelpGuide (Main Site): https://bit.ly/HG_res

Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved)

Learn2Cope: https://bit.ly/l2c_r

Learn2Cope is a peer-led support network that offers education, virtual meetings, Q&A forums, and hope for family and friends who have lost loved ones affected by substance use

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aacf133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people

Mourning Hope Grief Center: https://bit.ly/mhope_r

Provides weekly online grief support groups for families, young adults, adults, and those coping with suicide loss. NOTE: Not a crisis line

National Alliance for Grieving Children: https://bit.ly/NAGC_ref or 866-432-1542

Provides information on supporting children through grief, including a national database of grief support programs, camps, and community resources

Postpartum Support International: http://bit.ly/PPM_ref

Provides information about postpartum life and complications, including loss of a child, and other related struggles. Also provides resources for pregnant people with anxiety or mental health issues

Rainbow Bridge: https://bit.ly/PET_res

Grief support community with forums and memorials for those mourning the loss of a pet

Resolve: http://bit.ly/rslv_r

Resolve offers access to care, support, and affordability options for those struggling with infertility

SAVE: http://bit.ly/SAVE_ref

Provides support groups for suicide loss survivors, as well as resources about suicide and finding help for yourself or others. Also has a free screening for depression

Smiles and Tears: https://bit.ly/STAPP_res

Provides an interactive way to record memories, send gifts, and write thoughts, feelings and emotions. Also offers tips on how to manage feelings associated with grief

The Compassionate Friends: https://bit.ly/CF_ref or 630-990-0010

Provides support for family members who have lost a child at any age. Offers local and virtual chapter meetings. (Deaf/Hard-of-Hearing approved)

The Dougy Center: https://bit.ly/DC_ref or 866-775-5683

Dougy Center is a website that provides information on grieving and ways to find local support, especially for kids, teens, and families

Trauma and Gun Violence | Everytown: http://bit.ly/TGV_R

Explains what trauma after gun violence can look like and how to cope with the aftermath of shootings

Wendt Center for Loss and Healing: https://bit.ly/WC_ref

Provides information and resources for people who have experienced loss, terminal illness, abuse, or other trauma. (Deaf and Hard-of-Hearing approved)

What's Your Grief?: https://bit.ly/WYG_res

Promotes grief education, exploration, and expression in both practical and creative ways including brochures, webinars, a podcast, and booklets

Healthcare

Alzheimer's Association: <https://bit.ly/39cT2D5>

Offers resources, support, and evidence-based education on those affected by Alzheimer's or related dementia

American Cancer Society: http://bit.ly/ACS_ref

Offers treatment, low-cost resources, and support to people with cancer and their loved ones

American Chronic Pain Association: http://bit.ly/ACPA_ref

Offers peer support and education on pain management skills for people with chronic pain, their family and friends, and health care professionals. Also provides info on finding clinical trials

Anxiety and Depression Association of America: https://bit.ly/ADAA_ref

Promotes prevention, treatment and support for anxiety, depression, OCD, PTSD, stress, suicide, and co-occurring disorders. They also have a therapist directory

Brain Injury Association of America: <https://bit.ly/3jzkEr9>

Offers a wide variety of information and support for those affected by a traumatic brain injury

CanCare: https://bit.ly/CC_res

Provides peer counseling and support groups to those suffering from cancer, as well as to caregivers and loved ones. Note: This website mentions prayer, though it caters to any religion and views prayer as a protective factor

Cancer Support Community/Gilda's Club: https://bit.ly/CSCGC_res

Cancer Support Community offers online and in-person support and education for people diagnosed with cancer and their loved ones

Carbon Health: <https://carbonhealth.com/coronavirus/covid-19-testing-centers?amp=1>

Provides a list of clinics, hospitals, doctors offices, and pop-up centers currently offering COVID-19 testing and vaccines

Centers for Disease Control and Prevention: http://bit.ly/CDC_ref or 800-232-4636

Offers guides on healthy living, healthy traveling, and emergency preparedness with up-to-date information on current threats to health and local clinics

Cost Plus Drug Company: https://bit.ly/cpdc_r

Cost Plus Drug Company offers a wide variety of medications, often at much lower costs than traditional pharmacies

Good RX: https://bit.ly/GRX_res

GoodRX allows users to search their medication/prescriptions and compare prices at different pharmacies; they also provide coupons

Healthcare.gov (US): https://bit.ly/HCgov_ref

Provides services relating to obtaining health insurance through the Affordable Care Act

HealthWell Foundation: https://bit.ly/HWFe_res

The HealthWell Foundation is a nonprofit organization that helps improve access to health care for people with inadequate or underinsured health insurance. The org has various funds for diseases, including certain cancers, COVID-19, hepatitis, and more. HealthWell helps with differences in copays, direct medical expenses, insurance premiums, and deductibles. You can request help by applying online or by calling (800) 675-8416

HRSA Health Centers Database: https://bit.ly/HRSA_ref or 877-464-4772

Provides a database of public health centers funded by the US Department of Health and Human Services to give access to healthcare for economically or medically vulnerable populations. This includes people living with HIV/AIDS, pregnant people, mothers and their families, and those otherwise unable to access high quality health care

Inclusive Therapists: http://bit.ly/IT_r

Inclusive Therapists is a directory of social justice-oriented professionals that strive to embody: anti-discrimination, anti-oppression, anti-stigma, anti-racism & anti-ableism

Indian Health Services: Find Healthcare: https://bit.ly/IHS_res (I know this one doesn't have appropriate language, unfortunately. It is govt. ran.)

Provides a directory of Indian Health Service, Tribal or Urban Indian Health Program facilities through The Federal Health Program for American Indians and Alaska Natives
Healthcare Contd.

NAMI: Getting Treatment During a Crisis: http://bit.ly/NAMICrisis_ref

NAMI is a website that educates you on how different crisis response services work to help you decide which option is best for you

Needy Meds: https://bit.ly/meds_res

Provides a prescription assistance program to reduce the cost of medications

National Queer and Trans Therapists of Color Network: https://bit.ly/nqttcn_res

Offers a directory of Queer and Trans therapists of color, as well as a mental health fund for assisting Queer and Trans people of color pay for their treatment

Open Counseling: http://bit.ly/OC_ref

Provides a searchable directory for anyone who is in need of local affordable counseling

OutCare: https://bit.ly/OCH_r

OutCare provides healthcare information for the LGBTQIA+ community. Connects to affirming providers

PAN Foundation: <https://bit.ly/2Tn1GJF>

Provides underinsured people with life-threatening, chronic, and rare diseases get the medications and treatments they need by assisting with their out-of-pocket costs and advocating for improved access and affordability

Planned Parenthood: https://bit.ly/PP_ref

Provides reproductive health care, sex education, and information to women, men, and young people. Also provides information on healthy pregnancies

SAMHSA Treatment Locator: <https://bit.ly/36IGHJ1>

Provides a directory for locating Behavioral Health Treatment Services for Mental Illness and Substance Abuse

Sleep Education: https://bit.ly/SleepEd_r

Sleep education provides information about healthy sleeping habits and also offers practical assistance through scholarships for students, materials for educators, and more

South Asian Therapists: http://bit.ly/SAT_r

Offers a directory of trusted, culturally competent therapy by and for those in the South Asian community

The Boris L. Henson Foundation: Let's Talk Resource Guide: https://bit.ly/BLHF_res

The Boris L. Henson Foundation seeks to erase the stigma around mental health in the African-American/Black community by increasing mental health support in schools, increasing the number of African-American therapists, and more. Their directory offers a list of mental health providers and programs centered on this community

The Conversation Project: Conversation Starter Guide: https://bit.ly/tcp_res

The Conversation Starter Guide provides a framework for people to discuss important healthcare decisions, including end-of-life care

The Pain Community: https://bit.ly/PC_res

Offers discussion forums, resources, and how to advocate for medical needs

Therapy for Black Men: https://bit.ly/TFBM_res

Therapy for Black Men is a directory of multiculturally competent professionals that supports Black men seeking therapy or coaching

Therapy for Latinx: https://bit.ly/THY4LX_res

Therapy for Latinx provides a directory for Latinx folks to find culturally-attuned and inclusive therapists

World Health Organization: http://bit.ly/WHO_ref

World Health Organization is a website that promotes health and addresses health topics to inform you about proper care options

Contact an ADHD Specialist at CHADD: 866-200-8098

Isolation/Loneliness

Clutterers Anonymous: https://bit.ly/CA_res

Clutterers Anonymous offers support groups to those who share their experience, strength, and hope with each other that they may solve their common problem with clutter and help each other to recover.

Codependents Anonymous (CoDA): http://bit.ly/CODA_r

Offers global, national, and local groups for those seeking support for codependent behaviors. CoDA follows the 12-step program.

Connect2Affect: http://bit.ly/C2A_ref

Provides resources that meet the needs of Elderly adults who are isolated or lonely, by building social connections in the form of social activities, volunteering, learning, wellness, etc.

Resources regarding transportation, money, food, and more are also available.

Do Something: https://bit.ly/DS_ref

Connects young people with volunteer opportunities and campaigns on a wide range of community-related topics.

HelpGuide (Main Site): https://bit.ly/HG_res

Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).

Kindness: https://bit.ly/kind_ref

Facilitates the sharing and doing of acts of kindness both digital and real for those looking for connection and a happier world.

LiveWell Foundation: http://bit.ly/LWF_r

Offers online video support groups moderated by trained peer volunteers.

Looking After Yourself: https://bit.ly/CCI_res

Offers workbooks for self-guided techniques to improve mental health. Topics include: assertiveness, sleep, procrastination, self-esteem, depression, anxiety, self-compassion, body dysmorphia, perfectionism, and more.

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aacf133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.

MHA: I Am Not Alone: https://bit.ly/MHANA_r

Mental Health America's I Am Not Alone is a directory of groups and people with diverse interests who host virtual meet ups. It aims to combat isolation and loneliness exacerbated by the COVID-19 pandemic.

National Association of Self-Esteem: http://bit.ly/HSE_r

Offers lessons, activities, and up-to-date research on how to understand and boost self-esteem.

SAGE: <https://bit.ly/sageusa> or 1-877-360-LGBT

Leads in addressing issues related to LGBTQIA+ aging. In partnership with its constituents and allies, SAGE works to achieve a high quality of life for LGBTQIA+ older people, supports and advocates for their rights, fosters a greater understanding of aging in all communities, and promotes positive images of LGBTQIA+ life in later years.

Support Groups Central: http://bit.ly/SGC_r

Peer support groups hosted over video chat and monitored by trained facilitators. A small fee for some groups.

TheTribe Wellness Community: <https://support.therapytribe.com/>

Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist.

We R Native: https://bit.ly/WRN_res

Provides comprehensive health resources and information for Native youth, by Native youth. Includes information about culture, environment, mental health, physical health, relationships, life tips, spirituality, wellness, and activism.

LEGAL HELP

American Civil Liberties Union: https://bit.ly/RIGHTS_res

Provides information and resources on the rights of Americans in a broad range of situations, such as: being stopped by the police, religious freedom, voting rights, LGBTQ rights, disability rights, prisoner's rights, immigrants rights, and more.

Asian American Legal Defense and Education Fund: http://bit.ly/AALDEF_r

Provides information on the legal rights of the AAPI community as well as actionable steps to take to make a difference.

Citizenshipworks: http://bit.ly/CW_r

Citizenshipworks makes applying for citizenship equitable and accessible to all. Offers free legal advice.

Enough: Support for Student Survivors: https://bit.ly/ESS_res

ENOUGH provides free and confidential support and legal information to survivors of sexual assault/harassment. They also have a Toolkit for student survivors who want to learn about Title IX on their own.

Informed Immigrant: https://bit.ly/IIE_res

Website offers informational resources about DACA, TPS, deportation, mental health, and how to get help during the COVID-19 pandemic.

International Refugee Assistance Project (IRAP): Legal Help: https://bit.ly/irap_res

IRAP provides free legal help to some refugees and displaced people. The website provides information about services to prepare refugee and visa applications. IRAP also provides information about refugee admissions programs and family reunification.

Lambda Legal: http://bit.ly/LL_ref

Provides information about legal rights for LGBTQIA people and their families on a national and state-by-state basis.

LawHelp: https://bit.ly/LH_ref

Provides referrals to local legal aid and public interest law offices, basic information about legal rights, immigration, court forms, court information and more in your state.

UNHCR, the UN Refugee Agency: https://bit.ly/UNHCR_r

This page provides information for refugees and asylum seekers about a variety of topics, including scholarships, as well as country pages that share information about procedures, rights, and duties.

United We Dream: https://bit.ly/UWD_res or 1-844-363-1423

Advocates for DACA recipients and Latinx immigrants with additional resources like legal, leadership development, deportation defense, community sustainability, and health and wellness.

Upsolve: <https://upsolve.org/team/>

Offers an app that helps you get screened and file for bankruptcy. You can also consult with a lawyer for free.

WomensLaw.org: https://bit.ly/WL_ref

Provides legal information for survivors of domestic or sexual abuse including pressing charges in criminal and civil court, what to expect in court, obtaining restraining orders, and finding a lawyer.

Legal Aid Society

Google “Legal Aid Society (city/state)” and there will be a local chapter that provides free legal assistance for a variety of non-criminal cases. They can also connect you to local resources.

MILITARY/VETERANS

Coaching Into Care: https://bit.ly/cic_r

Coaching into Care is a free service for families and friends of veterans who want to get support for a veteran who may be struggling with their mental health or substance use. CIC responders are licensed psychologists and social workers who can listen to concerns and help the veteran’s loved ones identify referrals/resources appropriate for the situation. The site also has tips for communication and resources for veterans.

Give an Hour: https://bit.ly/GAH_ref

Connects military members and their families with resources including free mental health services donated by private practitioners.

PsychArmor: https://bit.ly/pa_enr

PsychArmor is a national nonprofit organization that offers free education and training to improve the health and life of military folks. They also offer a Coaching and Support Center whose purpose is to support veterans, service members, families, and community members.

Roger: <https://goroger.org/>

Roger’s mission is to support active military members and veterans who served any amount of time and received any type of discharge for free. Roger is a program of Stop Soldier Suicide, and neither Roger nor SSS are DoD/VA affiliated. Roger seeks to support people holistically by ensuring safety and building or reinforcing support systems.

Tragedy Assistance Program for Survivors (TAPS): https://bit.ly/taps_res

TAPS provides support to people grieving the death of a military loved one. This includes peer support, resources, and a 24/7 National Military Survivor Helpline. The number is 800-959-TAPS (8277). TAPS is not part of the Department of Defense (DOD).

Veterans Crisis Line: https://bit.ly/vcl_r

Provides free 24/7 confidential crisis intervention and suicide prevention focused on military-specific issues for veterans and their families and friends. Dial 800-273-8255 and press 1 or text 838255.

NEURODIVERGENCY

Contact an ADHD Specialist at CHADD: 866-200-8098

Autism Society National Helpline: 800-328-8476

RELATIONSHIPS

APA Parenting Information: http://bit.ly/PI_ref

Offers resources for parents about common issues they might face when raising children.

Asexuality Visibility and Education Network: <https://www.asexuality.org/>

Provides education to those on the asexual spectrum as well as an online community, and large archive of resources on asexuality.

Children of Parents with a Mental Illness: https://bit.ly/COPMI_ref

Provides information to parents with mental illness, family and friends, professionals, and young people who have parents with mental illness on how to cope or help in this situation.

Codependents Anonymous (CoDA): http://bit.ly/CODA_r

Offers global, national, and local groups for those seeking support for codependent behaviors. CoDA follows the 12-step program.

Coming Out Handbook: http://bit.ly/OUT_ref

Helps readers explore their sexual identity and provides tools and questions to help determine what it might be like to share their identity with others.

Conflict Resolution Skills: https://bit.ly/CRS_res

Provides examples of healthy and unhealthy conflict management skills and steps to address issues in personal and professional relationships.

Connect2Affect: http://bit.ly/C2A_ref

Provides resources that meet the needs of Elderly adults who are isolated or lonely, by building social connections in the form of social activities, volunteering, learning, wellness, etc. Resources regarding transportation, money, food, and more are also available.

Coping with Divorce PDF: http://bit.ly/CWD_res

Education on taking care of yourself physically and mentally after a divorce and separation.

Dealing with Relationship Break-Ups: https://bit.ly/dwb_res

Dealing with Break-Ups is geared toward teens and includes information about typical feelings surrounding break-ups, how to respectfully end a relationship whenever possible, and important

reminders for self-care. This is not a resource for teens experiencing leaving or trying to safely end an abusive relationship.

Families Change: Guide to Separation and Divorce: http://bit.ly/FC_r

Age-appropriate, helpful activities and guides on coping with parental separation and divorce.

Guide to Wellness: https://bit.ly/JBGW_res

Offers a workbook for survivors of domestic abuse that can help track progress, practice ways to calm down, and teach the basics of self-care while healing.

HelpGuide (Main Site): https://bit.ly/HG_res

Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).

How to Create Healthy Boundaries:

https://www.uky.edu/hr/sites/www.uky.edu.hr/files/wellness/images/Conf14_Boundaries.pdf

Teaches about boundaries in relationships, the roles they can play, and tips on how to set them.

How to Help Someone in an Abusive Relationship: https://bit.ly/DVA_res

Provides a guide to help a friend or family member support someone who is struggling in their relationship as well as take care of yourself while doing it. Best for third party conversations.

Infant Safe Havens Law: <https://www.childwelfare.gov/pubPDFs/safehaven.pdf>

Provides information for parents in crisis about state-to-state infant safe haven laws which allow them to safely relinquish their babies when they can no longer care for them.

Interpersonal Effectiveness PDF: https://bit.ly/IE_res

This PDF describes the Dialectical Behavior Therapy strategy for effective interpersonal communication known as DEAR MAN. This strategy allows the person to clearly and objectively communicate their needs while being respectful of others.

KidsHealth: http://bit.ly/KH_ref

Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more.

Relationships Contd.:

Love Is Respect: https://bit.ly/LIR_ref

Educates young people to prevent and end abusive relationships by offering support and resources. (Deaf/Hard-of-Hearing approved)

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aacf133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.

Mental Health is Health: https://bit.ly/HOU_ref

Offers information on a wide variety of struggles that young people face and connects students with resources to decrease mental health stigma, help themselves, or a third party.

Moving Ahead: https://bit.ly/ahead_res

Educates survivors of domestic violence on navigating financial and safety challenges when ending an abusive relationship.

My Plan App: https://bit.ly/plan_res

Offers intimate partner violence safety planning with personalized safety information and resources for self or someone else in an abusive relationship.

Parental Stress Line: <https://www.parentshelpingparents.org/stressline> or 1-800-632-8188

Provides a 24 hour helpline for parents who need to discuss issues related to their children. Translators available to support all languages.

Recovery Dharma: https://bit.ly/dhar_res

Provides addiction recovery support through the practice of Buddhist teachings and meditations via both in-person and online meetings. Support is for any addictive behavior (substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering).

Scarleteen: https://bit.ly/SCLTN_ref

Provides inclusive and comprehensive information for teens and young adults on sexuality, relationships, pregnancy, and sex.

Sex Addicts Anonymous: https://bit.ly/SAA_ref or info@saa-recovery.org

Offers information and help locating local meetings of this 12-step program for people trying to overcome sex addiction.

Surviving a Relationship Break Up: https://bit.ly/breakup2_ref

Provides strategies to cope with a relationship break up.

TheTribe Wellness Community: <https://support.therapytribe.com/>

Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist.

We R Native: https://bit.ly/WRN_res

Provides comprehensive health resources and information for Native youth, by Native youth. Includes information about culture, environment, mental health, physical health, relationships, life tips, spirituality, wellness, and activism.

What Parents Need to Know About Self-Injury:

<http://www.selfinjury.bctr.cornell.edu/perch/resources/parenting-2.pdf>

Educates parents on understanding, managing, and treating self harm in children.

SELF-HARM

75 Coping Skills: http://bit.ly/75_res

Provides a print-out of 75 coping skills and strategies.

S.A.F.E. Alternatives (Self-Abuse Finally Ends) self-harm helpline: 800-DONT CUT
(800-366-8288)

Calm Harm: https://bit.ly/CHA_reff

Offers timed activities to help resist or manage self-harm urges with the ability to log completed activities and track progress.

Cornell Research Program on Self-Injury and Recovery: https://bit.ly/cornell_ref

Provides distraction techniques and alternative coping skills for dealing with self-harm.
(Deaf/Hard-of-Hearing approved)

Help Guide on Cutting and Self-Harm: https://bit.ly/HGharm_ref

Provides information on cutting and self-harm, including identifying triggers, finding new coping techniques, and how to support a loved one (third party) who cuts or self-harms.

HelpGuide (Main Site): https://bit.ly/HG_res

Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aac133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.

Ten Twists to Untwist Your Thinking: http://bit.ly/utt_ref

Educates readers on techniques for managing negative thoughts.

The TLC Foundation for Body-Focused Repetitive Behaviors: http://bit.ly/TLCF_r

Provides a holistic approach to overcoming and healing from body-focused repetitive behaviors.

To Write Love on Her Arms: https://bit.ly/TWLOHA_ref

Provides support and help for people struggling with depression, addiction, self-injury and thoughts of suicide. Their FIND HELP Tool can be used to locate local free or reduced cost counseling and other mental health resources. (Deaf/Hard-of-Hearing approved)

Web Poison Control: https://bit.ly/webpc_enr or 1-800-222-1222

Offers an interactive website, hotline, and app triage tool that guides users faced with a poison emergency. Call 1-800-222-1222. (No longer offers text)

What Parents Need to Know About Self-Injury:

<http://www.selfinjury.bctr.cornell.edu/perch/resources/parenting-2.pdf>

Educates parents on understanding, managing, and treating self harm in children.

Substance Use

.

SUBSTANCE USE

https://bit.ly/alanon_ref

Helps family and friends recover from the effects of someone else's drinking through a 12-step program, including regular attendance at group meetings.

Alcoholics Anonymous: https://bit.ly/AA_ref or 212-870-3400

Provides support for individuals who have struggled with drinking through a 12-step program including regular attendance at group meetings.

Fireside Project: http://bit.ly/FSP_r or 6-2FIRESIDE

Provides peer-to-peer hotline and text line to those seeking support during or after a psychedelic experience. Thursday to Sunday, from 6:00 p.m. to 6:00 a.m. EST, Monday from 6:00p.m. to 9:00 p.m. EST

In the Rooms: http://bit.ly/ITR_ref

Provides assistance for people seeking help with substance abuse (and third parties) via live virtual meetings, blogs and discussion posts, and DMing with members of the community. They have groups for: yoga, adult children of alcoholics, ALANON, codependency (CODA), COVID-19 support, chronic pain, and more.

Just Think Twice: http://bit.ly/JT2_ref or 202-307-7936

Provides facts about different drugs and drug abuse, addresses common myths, and includes advice and stories from teens about drugs.

KidsHealth: http://bit.ly/KH_ref

Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more.

Learn2Cope: https://bit.ly/l2c_r

Learn2Cope is a peer-led support network that offers education, virtual meetings, Q&A forums, and hope for family and friends who have lost loved ones affected by substance use.

LifeRing Secular Recovery: http://bit.ly/LRS_r

Provides a secular alternative to traditional 12-step programs. Online and in-person meetings available.

LSD Fact Sheet: https://bit.ly/LSDF_res

The LSD Fact Sheet provides science-based education about LSD's cultural and medical history, its effects, and harm reduction strategies for people who use this substance.

Marijuana Anonymous: http://bit.ly/MA_r

Marijuana Anonymous is a 12-step program that focuses on support for those who would like to end their cannabis use.

Nar-Anon: https://bit.ly/naranon_ref or 800-477-6291

Provides support for family and friends of addicts, specifically through group meetings that focus on a 12-step program.

Narcotics Anonymous: https://bit.ly/NAsearch_ref or 818-773-9999

Provides support for individuals who are recovering from drug addiction through a 12-step program including regular attendance at group meetings.

National Harm Reduction Coalition: http://bit.ly/HR_r

National Harm Reduction Coalition creates spaces for dialogue and action that help heal the harms caused by racialized drug policies. The website also shares information for sex workers rights and advocacy.

National Institute on Drug Abuse for Teens: https://bit.ly/NIDA_ref

Provides drug education for teens, parents and educators, as well as information about what to do if you or someone you know has a problem with drugs.

Never Use Alone: http://bit.ly/NUA_r or (800) 484-3731

Provides non-judgemental service for those who seek to use drugs alone. The hotline will ask for the caller's exact location and send emergency support if the caller is unresponsive after using drugs.

Online Intergroup: Alcoholics Anonymous: <https://aa-intergroup.org/>

Provides support for those recovering from alcoholism through online support groups and online meetings. (Deaf and Hard-of-Hearing approved)

Partnership to End Addiction: https://bit.ly/DFK_ref

Provides information and support for families struggling with their child's substance abuse.

QuitGuides: <https://bit.ly/3wcqBNo>

Provides helpful tools and tricks on how to quit smoking.

Recovery Dharma: https://bit.ly/dhar_res

Provides addiction recovery support through the practice of Buddhist teachings and meditations via both in-person and online meetings. Support is for any addictive behavior (substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering).

Safety First: A Reality-Based Approach to Teens and Drugs: https://bit.ly/SFT_re

The Safety First PDF offers caregivers and parents the tools to understand teen drug use and moves past “abstinence only” substance use strategies. The PDF describes the differences between use and abuse of substances and describes science-based education for caregivers and teens to discuss drug use and safety.

SAMHSA Treatment Locator: <https://bit.ly/36IGHJ1>

Provides a directory for locating Behavioral Health Treatment Services for Mental Illness and Substance Abuse.

SMART Recovery: https://bit.ly/SR_ref

Provides support for those recovering from addiction problems through a self-help program that empowers individuals to abstain and to develop a more positive lifestyle. This program is for any addiction problem (alcohol and other drugs, sex, relationships, spending, gambling, eating, exercise, self-injury, etc).

Substance Abuse and Mental Health Services Administration: https://bit.ly/SAMHSA_ref

The Phoenix: http://bit.ly/TP_res

Offers in person, online, and on-demand fitness classes and community to those who are sober.

TheTribe Wellness Community: <https://support.therapytribe.com/>

Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist.

To Write Love on Her Arms: https://bit.ly/TWLOHA_ref

Provides support and help for people struggling with depression, addiction, self-injury and thoughts of suicide. Their FIND HELP Tool can be used to locate local free or reduced cost counseling and other mental health resources.

Web Poison Control: https://bit.ly/webpc_enr or 1-800-222-1222

Offers an interactive website, hotline, and app triage tool that guides users faced with a poison emergency.

Yoga of 12-Step Recovery: <https://y12sr.com/>

Offers a holistic recovery program that integrates yoga with the principles of 12-step programs. The program serves people recovering from all forms of addiction, from behavioral addictions to substance abuse.

SUICIDE

National Suicide Prevention Lifeline: https://bit.ly/988ll_ref or 988

Provides free, 24/7 confidential hotline support to people in suicidal crisis.

After a Suicide: A Toolkit for Schools: https://bit.ly/asts_r

The American Foundation for Suicide Prevention's "After a Suicide: A Toolkit for Schools" is a practical guide for school personnel, including administrators, so they may learn how to communicate with the school community, learn information for helping students cope, and how to get external support. Part of the toolkit also includes information about how diverse communities respond to suicide.

Alliance of Hope for Suicide Loss Survivors: https://bit.ly/aoh_r

Alliance of Hope for Suicide Loss Survivors is a nonprofit organization created by survivors for survivors. They provide an online, moderated 24/7 forum where suicide loss survivors can gain support. Their website also provides resources for support and information on experiences of suicide loss survivors.

American Foundation for Suicide Prevention: https://bit.ly/AFSP_ref

Provides resources for those affected by suicide through research, education, and advocacy. (Deaf/Hard-of-Hearing approved)

Be Strong: http://bit.ly/strong_ref

Provides resources, support, and intervention for those who are affected by bullying, depression, suicide, and other adversities.

Brown Stanley Safety Plan Template: https://bit.ly/BSSPT_ref

Guides you through a step by step worksheet on how to safety plan for those with thoughts of suicide.

Find Your Words: https://bit.ly/fyw_en

Find Your Words is a website that offers information and support about suicide, suicidal thoughts, and depression. The site is designed to make it easier to share about mental health, so more people can help their loved ones and even themselves.

HelpGuide (Main Site): https://bit.ly/HG_res

Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).

Jason Foundation: https://bit.ly/jf_enr

The Jason Foundation is a non-profit organization that provides students, parents, and teachers tools and resources to support youth who may be showing that they are experiencing struggles with their mental health or are dealing with suicidal ideation.

Jed Foundation: https://bit.ly/JED_ref

Promotes suicide prevention by teaching teens and young adults the skills and support to grow into healthy adults. Also provides third party tools.

Know the Signs: http://bit.ly/KTS_ref

Offers an interactive tool for third parties to help recognize the signs of suicidal ideation and helpful phrases for talking to someone about suicide.

Mental Health Directories:

https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_4255ed750bc1415aacf133216dcad268.pdf

Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.

NAMI: Getting Treatment During a Crisis: http://bit.ly/NAMICrisis_ref

Explains how different mental health crisis response services work to help discover and choose which option is best for a person's current crisis.

Now Matters Now: http://bit.ly/NMN_ref

An online resource that provides support for coping with suicidal thoughts through teaching skills based on Dialectical Behavior Therapy (DBT). Includes videos of personal stories.

Objective Zero: http://bit.ly/O0_ref or (212) 815-2681 or contactus@objectivezero.org

Connects veterans, service members, their families, and caregivers to peer support via voice, video, and text. Also provides free access to wellness resources such as yoga and meditation.

Reporting Suicidal Content on Social Media: https://bit.ly/SOCIAL_res

Offers a step by step guide to report suicidal content on all social media platforms.

Suicide Contd.

SAVE: http://bit.ly/SAVE_ref

Provides support groups for suicide loss survivors, as well as resources about suicide and finding help for yourself or others. Also has a free screening for depression.

Suicide Loss Survivors - Suicidology: https://bit.ly/SLS_ref

Provides free, online resources for suicide attempt survivors, as well as those looking to help a survivor of suicide.

Web Poison Control: https://bit.ly/webpc_enr or 1-800-222-1222

Offers an interactive website, hotline, and app triage tool that guides users faced with a poison emergency.