

Crisis Text Line Resources Offered

AI/AN Youth

From 1999 to 2017, the suicidality rate among American Indian/Alaska Native (AI/AN) populations rose 139% (Center for Disease Control, June 2019). Lack of services and isolation plays an immense role in the health, safety, and wellbeing for American Indian Alaska Native people.

- American Indian and Alaska Native people identify as part of a Tribal or Indigenous community. They may be enrolled Tribal members, Tribal descendants, or historically connected across other ethnic communities. It is important to connect with youth regardless of their official status within their identified Tribal community.
- Per the Bureau of Indian Affairs (BIA), “A federally recognized tribe is an American Indian or Alaska Native Tribal entity that is recognized as having a government-to-government relationship with the United States, with the responsibilities, powers, limitations, and obligations attached to that designation.
- Federally-recognized Tribes are recognized as possessing certain inherent rights of self-government (i.e., Tribal sovereignty) and are entitled to receive certain federal benefits, services, and protections because of their special relationship with the United States. Currently, there are 574 federally recognized American Indian and Alaska Native Tribes and villages.”
- **We R Native:** 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.
https://bit.ly/WRN_res
- **Two Spirit and LGBTQ Health:** Provides resources for Two Spirit and LGBTQ+ individuals and loved ones (third party) within the American Indian or Alaska Native community. Includes information on finding a provider, community support, mental health care, and legal rights. https://bit.ly/spirit_res
- **BlackLine:** 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* https://bit.ly/BLINE_res

· **Indian Health Services Find Healthcare:** IHS provides an interactive map to find Indian Health Services, Tribal or Urban Indian Health Program facilities:

https://bit.ly/IHS_res

· **NICWA:** National Indian Child Welfare Association works to support the safety, health and well-being of American Indian or Alaska Native children:

https://bit.ly/NICWA_res

· **Strong Hearts Helpline:** StrongHearts offers a safe helpline & live chat for American Indian or Alaska Native people dealing with domestic/sexual violence:

https://bit.ly/SHNV_res

Anxiety and Stress

- 75 Coping skills is a PDF that contains a variety of coping techniques to use when your go-to coping skills aren't working anymore: http://bit.ly/75_res
- This Anxiety Coping Skills PDF offers different options for coping skills to work through anxiety: bit.ly/acws_en
- Distress Tolerance is a PDF teaches you how to handle and accept situations that are out of your control: bit.ly/DIST_res
- Decatastrophizing is a worksheet that helps you with anxiety and problems by addressing irrational thoughts: http://bit.ly/DACAT_ref
- This Breathing GIF leads you through a breathing exercise to help you control your breathing when you're feeling anxious or having a panic attack: bit.ly/breath_ref
- Pixel Thoughts: Offers an interactive, 60-second meditation tool to communicate worries and release bothersome thoughts. https://bit.ly/PT_ref

Breakups and Relationships

Breakups and romantic issues can be tough. Negative feelings can surface, including suicidal thoughts.

- **Setting Healthy Boundaries:** This page shares information about boundaries, types, and how to set healthy ones to strengthen relationships and personal overall wellbeing. bit.ly/shbg_r
- **Love is Respect:** Love is Respect is a website that offers support and resources to help prevent and end abusive relationships: bit.ly/LIR_ref
- **Surviving a Relationship Breakup:** Surviving a Relationship Break-Up is a PDF with strategies and ideas to cope with a breakup: bit.ly/breakup2_ref
- **Dealing with Break-ups:** Dealing with Break-Ups talks about feelings that can happen after break-ups, self-care reminders, and tips for breaking up respectfully. https://bit.ly/dwb_res

- **TNLR:** TNLR works to end abuse in queer, kink, and polyamorous communities through organizing, education, and support services. https://bit.ly/tnlr_r

Bullying

Bullying is any unwanted, aggressive behavior, including threats, spreading rumors, attacking physically and/or verbally, or excluding from a group. The experience of bullying can lead to a number of emotions, including sadness, loneliness, anger, and fear.

- **Stomp Out Bullying** is a website that helps you overcome and stop bullying and other forms of peer abuse: bit.ly/SO_ref
- **Be Strong** is a website and app that can support you through bullying, depression, thoughts of suicide, and other challenges: http://bit.ly/strong_ref
- **Right to Be** provides support and resources to people experiencing online harassment, which includes help with reporting harassment/abuse. bit.ly/rtb_ref
- **Ditch the Label** offers information and peer support to teens and young adults about bullying, relationships, mental health, and more. https://bit.ly/DLa_res

Chronic Pain

Chronic pain is defined as pain that is present for an individual on most or all days. High-impact chronic pain is described as chronic pain that limits an individual's daily activities ([Prevalence and profile of high impact chronic pain in the United States, Pitcher, Von Korff, Porter, 2019](#)). According to the Centers for Disease Control an estimated 20 percent of adults in the United States experience chronic pain ([Prevalence of Chronic Pain and High-Impact Chronic Pain Among Adults — the United States, Dahlhamer et al., 2016](#)).

The American Chronic Pain Association is a website that provides information and peer support for managing chronic pain: http://bit.ly/ACPA_ref

Ben's Friends connects patients who have rare diseases to moderated online communities. https://bit.ly/BeF_res

Collective Trauma/News

The effect of constant violence in our country and around the world affects all of us in different ways. The past few years have been incredibly difficult and uncertain. We hope we can be a constant in the lives of others, and that we can spread empathy with every interaction. With that, people may reach out who have experienced traumatic events first hand or witnessed them on the news.

- Mass Shooting and Violence Resources: information and specific strategies to support children who have faced trauma, with links to trauma recovery resources. https://bit.ly/vms_enr
- Distress Tolerance is a PDF teaches you how to handle and accept situations that are out of your control: bit.ly/DIST_res
- Dialectical Behavior Therapy teaches people strategies to help them live their best and most productive life. https://bit.ly/DBT_res
- The National Center for PTSD is a website that offers articles about PTSD, how and why it occurs, its symptoms, and ways to cope with it: http://bit.ly/NCptsd_ref
- Breathing GIF: a visual aid breathing exercise. <https://bit.ly/breathectl>
- Parents4Peace supports families and communities concerned about people becoming involved with extremism. Call them at 1-844-49-PEACE or visit bit.ly/pe_res.

COVID-19

COVID-19 has profoundly impacted many lives over the past few years, affecting people in various ways. People might experience a wide range of emotions, including anxiety, worry, grief, depression, fear, and hopelessness. This includes not only those who have contracted the virus or lost loved ones to it but also frontline workers who face unique challenges due to their direct interaction with others and the increased stress of their roles.

- TAC provides free/low-cost short-term therapy for all frontline workers. Their search directory is comprehensive by state and specialties. https://bit.ly/tac_r
- Emotional PPE Project connects mental health workers who provide free mental health support to healthcare workers affected by COVID-19. https://bit.ly/eppe_r
- Physician Support Line is a free confidential support line where psychiatrists support physicians and med students through COVID-19. https://bit.ly/PhysSup_res
- 211 Connects people with local resources and assistance. https://bit.ly/211_ref
- Carbon Health is directory that provides a list of places currently offering COVID-19 testing and vaccines: http://bit.ly/TEST_ref
- World Health Organization: Promotes and addresses health topics to inform individuals about proper care. http://bit.ly/WHO_ref
- Connect2Affect: 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. http://bit.ly/C2A_ref
- Center for Disease Control: Guides on healthy living, traveling, and emergency preparedness with up-to-date information on current threats to health. http://bit.ly/CDC_ref

- **Caregiver Guide to Helping Families Cope with COVID-19:** Educates parents and caregivers on coronavirus and how to protect and care for their family and children. bit.ly/CO.CG_ref

d/Deaf (D) or Hard of Hearing (HOH)

- **National Association of the Deaf:** The National Association of the Deaf is a website that protects and promotes the rights of deaf and hard of hearing individuals: bit.ly/NAD_ref
- **Deaf Overcoming Violence through Empowerment (DOVE):** DOVE is a website that supports individuals of all ages who are deaf and have survived domestic violence, sexual assault, or other trauma: bit.ly/DOVE_r
- **Deaf and HOH:** Deaf and HoH offers an online peer community for the hearing loss community. Forums, chat nights, and resources available. http://bit.ly/DHOH_r
- **Pixel Thoughts:** (Deaf/Hard-of-Hearing approved) : Pixel Thoughts is a website that offers an interactive, 60-second meditation tool to communicate worries and release bothersome thoughts: bit.ly/PT_ref

Depression

According to the National Institute of Mental Health, depression affects 17.1 million adults and 3.2 million adolescents

- **Anxiety and Depression of America:** Offers resources, help, education, and research. http://bit.ly/ADAA_referral
- **Antidepressant Skills Workbook:** Workbook that offers a step-by-step self-care guide with antidepressant skills for individuals managing depression or concerned family members, friends, or partners. https://bit.ly/DWD_ref
- **Antidepressant Skills Workbook for Teens:** The Antidepressant Skills Workbook for Teens offers a self guide for managing depression through self-care and coping skills: http://bit.ly/DWDT_ref
- **Mental Health America:** Mental Health America a website that provides education, resources, and screenings to detect mental illness: https://bit.ly/MHA_r
- **National Alliance on Mental Illness:** NAMI is a website that provides education, info, local support, and advocacy for mental illness: bit.ly/NAMI_ref

Domestic Violence (DV) & Intimate Partner Violence (IPV)

Domestic abuse, also called "domestic violence," is an umbrella term used to describe both **family violence** (abuse perpetrated by one member of a household onto another - ie: parent/adult

child, roommates, adult siblings, etc.) and **intimate partner violence** (abuse perpetrated by a current or former dating partner / spouse).

Domestic violence is broadly defined as a pattern of behavior by one person in a relationship used to gain or maintain power and control over another. Abuse can include physical, sexual, emotional, economic or psychological actions or threats that influence another person. This may include behaviors that frighten, intimidate, terrorize, manipulate, humiliate, blame, or injure someone.

According to the National Coalition Against Domestic Violence (NCADV) more than 10 million adult Americans experience domestic violence annually. IPV has well-documented physical and mental health effects, which can contribute to a significantly increased risk of suicide.

Despite ongoing efforts to raise awareness around domestic violence, survivors still face significant barriers to seeking support. Due to the power and control dynamics of abusive relationships, many survivors do not have access to the resources or support they need to leave the relationship. Others may live in fear that attempting to leave will put them or their families in more serious danger. For survivors who do choose to seek outside support, the close and oftentimes complicated relationships they may have with the people causing them harm can leave them feeling conflicted about next steps, furthering feelings of shame and embarrassment. Cultural factors, including religious beliefs and social norms, may also influence a survivor's decision on whether or not to stay in an abusive relationship.

- **The National Domestic Violence Hotline** is a hotline that supports domestic violence survivors. Call 1-800-799-SAFE (7233) or get resources at: bit.ly/NDVH_ref
- **Love is Respect** is a website that offers support and resources to help prevent and end abusive relationships: bit.ly/LIR_ref
- **Moving Ahead** is a PDF that teaches you how to navigate financial challenges associated with ending an abusive relationship: bit.ly/ama_enr
- **Domestic Shelters** is a website that helps survivors of domestic violence learn about and find shelters and crisis interventions services locally: bit.ly/ds_res
- **Guide to Wellness** is a workbook for survivors that helps you track progress, calm yourself down, and practice self-care while healing: https://bit.ly/JBGW_res
- **My Plan App** offers personalized safety planning with information and resources for yourself or someone else in an abusive relationship: [http://bit.ly/plan_ref](https://bit.ly/plan_ref)
- **SHNH** is a 24/7 line for domestic, dating, and sexual violence that offers culturally appropriate support for Native Americans. Call or chat online: bit.ly/shnh_r

- **TNLR** works to end abuse in queer, kink, and polyamorous communities through organizing, education, and support services: https://bit.ly/tnlr_r
- **Help for Men Who are Being Abused** is an article for men in abusive relationships who are seeking support and resources: http://bit.ly/HFM_r
- **How to Help Someone in an Abusive Relationship** is a PDF that teaches you how to support someone in an abusive relationship: https://bit.ly/DVA_res
- **Bright Sky** has a secure journal tool, resources, and users can allow GPS to find closest shelters and domestic violence support services: https://bit.ly/ruapp_r

Eating Disorders

When people need a way of coping with their emotions and environment, they may turn to certain behaviors related to eating. People with eating disorders may engage in certain behaviors as a way to seek control over their emotions. They may experience preoccupation with food, body weight, body shape, or physical appearance in an effort to maintain a sense of control.

- NEDA: The National Eating Disorder Association is a website that advocates for people with eating disorders and their families as well: bit.ly/NEDA_ref
- NAED provides a free helpline, online referral database, and free, weekly, therapist-led (virtual and in-person) support groups. https://bit.ly/naedd_r.
- Project HEAL provides eating disorder recovery support through low-cost treatment access, funding assistance, and ED research. https://bit.ly/PrjHe_res
- The National Association of Anorexia Nervosa and Associated Disorders is a website that provides support and education on eating disorders: http://bit.ly/ANAD_r
- Recovery Record is an app that support recovery for eating disorders by self-monitoring, goals, coping tactics, meal planning, and connection: bit.ly/RR_ref
- Looking After Yourself is a website with workbooks to improve mental health with topics like: assertiveness, perfectionism, and more: https://bit.ly/CCI_res

Election and Political Stress

The political stress affecting their mental health. This encompasses concerns about racism, racial justice, LGBTQ+ rights, climate change, and immigration, among other pressing issues. We're hearing from individuals grappling with stress, anxiety, and depression linked to political events and the election cycle.

- [4% of Americans](#) reported suicidal ideation related to politics.
- [40% of Americans](#) reported that they are feeling more anxious about the upcoming election compared to previous elections.

- [77% of U.S. adults](#) view the nation's future as a major source of stress.
- [40% of Americans](#) identify politics as a significant source of stress in their lives.
- [66% of individuals](#) seeking help reported that political issues significantly contributed to their mental health challenges.
- [54% of Americans](#) reported that political stress has negatively impacted their relationships with family and friends.

Advocacy:

- ACLU: ACLU is a website that provides information on our rights as US citizens around immigration, LGBTQ+, voting, disability, and more: https://bit.ly/RIGHTS_res
- Obama Foundation: Obama Foundation is a website that helps you stay informed, engaged, and actionable about police violence and antiracism in the US: https://bit.ly/OFAA_ref
- LawHelp: LawHelp is a website that provides referrals to local public interest law offices, information about rights, court forms, and more: https://bit.ly/LH_ref

Coping:

- Anger Diary: Anger Diary is an activity that helps us reflect on our response to anger and prevent future outbursts: https://bit.ly/angd_res
- 54321 Grounding Techniques: The 54321 PDF walks you through grounding exercises to find your cool calm during a hot moment: https://bit.ly/ground_ref
- Mental Health Directories: Mental Health Directories is a list of top inclusive directories to help you find a therapist: https://bit.ly/AFYA_res
- Grounding: Create Personal Calm: This grounding worksheet teaches you grounding techniques to calm yourself down during a heated moment: http://bit.ly/GW_ref

Relationships:

- Conflict Resolution: Conflict Resolution Skills is a pdf that provides examples of conflict management skills for personal and professional relationships: https://bit.ly/CRS_res
- Helping Children Cope with an Election: Helping Children Cope with an Election is a PDF with tips for caregivers to help children and teens cope with stress around elections: http://bit.ly/chilel_res

Estrangement/Going “No Contact”

While family members can be a vital social support system for many people, there are times when family members are the cause of crisis. **Going “no-contact”, or being estranged from**

family members, is a complicated grieving process. It's common to feel a mix of emotions: grief, regret, anger, guilt, and more. Some people may also feel joy and peace from being separated from family members, which can contribute to further confusion and guilt for the person.

- Setting Healthy Boundaries: This page shares information about boundaries, types, and how to set healthy ones to strengthen relationships and personal overall wellbeing. bit.ly/shbg_r
- The “self-validation and self-respect” worksheet can help folks use the process of validation as a positive way to improve self-confidence. bit.ly/svsrt_r
- Open Counseling is a website that provides a directory of local and affordable counseling. They also have virtual options: http://bit.ly/OC_ref
- Support Groups Central (now HeyPeers): HeyPeers is a peer video chat support group facilitated by trained moderators. http://bit.ly/SGC_r
- LawHelp is a website that provides referrals to local public interest law offices, information about rights, court forms, and more: bit.ly/LH_ref

Frontline Workers

COVID-19 happens to be a big world crisis.

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- Emotional PPE Project connects mental health workers who provide free mental health support to healthcare workers affected by COVID-19. https://bit.ly/eppe_r
- Physician Support Line is a free confidential support line where psychiatrists support physicians and med students through COVID-19. https://bit.ly/PhysSup_res
- 54321 Grounding Technique: Leads texter through a five step grounding exercise to find calm. Also includes additional grounding exercises. http://bit.ly/ground_ref
- Wendt Center for Loss and Healing: Provides information and resources for people who have experienced loss, terminal illness, abuse, or other trauma. https://bit.ly/WC_ref

Grief and Loss

There's no right or wrong way to grieve. Everyone grieves differently, at different intensities, and at different paces. When a person experiences a loss or perceived loss, they may feel overwhelmed. Grief can be associated with a loss of a loved one, a break-up, loss of a job, etc.

- Adults Grieving Death of a Parent: The IHF is an org that put together this page which serves as a resource for adults grieving the death of a parent, regardless of location. bit.ly/ag_res

- Glow in the Woods: Offers a space for parents 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. http://bit.ly/wood_ref
- Mourning Hope Grief Center provides weekly online grief support groups for families, young adults, adults, and those coping with suicide loss https://bit.ly/mhope_r
- Rainbow Bridge is a website that provides a grief support community with forums and memorials for those mourning the loss of a pet: https://bit.ly/PET_res
- Save: 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. http://bit.ly/SAVE_ref
- SAVE: Grief After Suicide:SAVE provides support and resources for suicide loss survivors; this PDF offers support for coping with the loss of someone who died by suicide.bit.ly/gSAVE_enr
- Tasks of Mourning: The Tasks of Mourning PDF is a framework of four core tasks that help understand how people journey through grief. https://bit.ly/tmg_r
- The National Alliance for Grieving Children is a website that offers support and healing through programs, camps, and community resources: bit.ly/NAGC_ref
- What's Your Grief? promotes grief education by sharing brochures, webinars, a podcast, and booklets. https://bit.ly/WYG_res
- Wendt Center for Loss and Healing: Provides information and resources for people who have experienced loss, terminal illness, abuse, or other trauma. https://bit.ly/WC_ref

Gun Violence

Every day, more than 120 people in the United States are killed with guns ([Everytown, 2024](#)). This includes homicides, suicides, accidents, and more. We hope one day that number will be zero, but until then, we're here to support anyone who reaches out due to exposure to gun violence. Here are some tips on how to help.

- **Trauma and Gun Violence | Everytown:** This Trauma and Gun Violence sheet explains trauma after gun violence and shares coping skills. bit.ly/TGV_R
- **Mass Shooting and Violence Resources:** Information and specific strategies to support children who have faced trauma, with links to trauma recovery resources. bit.ly/vms_enr
- **Everytown Support Fund:** Everytown provides information on combating gun violence, coping with the aftermath of a mass shooting, and has a forum for survivors. bit.ly/ESF_r
- **For Teens: Coping After Mass Violence:** This sheet discusses common feelings after mass violence and includes ideas about how teens can take care of themselves. bit.ly/ftcmv_r
- **Strength After:** Strength After offers resources, DDH online peer support, and is for survivors of gun violence, terrorist attacks, and natural disasters, etc. bit.ly/sta_enr

Harm Reduction

Harm reduction is a concept used in many fields that work with substance use and mental health support. It is regularly mentioned in some of our resources, so here's some additional information and resources to learn more about the topic.

Per the [National Harm Reduction Coalition](#), harm reduction is a “set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.” The U.S. Department of Health and Human Services notes that people deserve services that promote their health and wellbeing, regardless of whether or not there is drug use and that harm reduction strategies can, in some cases, help minimize consequences of drug use. ([HHS, 2022](#)).

The core principles of harm reduction recognize meeting people where they are, while simultaneously not minimizing the real harm and danger that can be a consequence of drug use.

- [SAMHSA: More on Harm Reduction](#). This page shares information in prevention, treatment and recovery of overdose and disease transmission while promoting wellbeing and access to healthcare services. It also emphasizes evidence-based practices and community-driven approaches to reduce substance use-related harms.
- [US Department of Health and Human Services](#). This link showcases ongoing federal initiatives aimed at enhancing harm reduction efforts. These initiatives focus on expanding the availability and accessibility of effective harm reduction services, mitigating the adverse impacts of substance use, and combating stigma associated with substance use and overdose.

Hate Crimes

A hate crime is defined as: a crime, typically one involving violence, that is motivated by prejudice on the basis of race, religion, sexual orientation, or other grounds.

This country has seen a rise in these crimes against vulnerable people in BIPOC, LGBTQIA+, and other marginalized communities. We are firm in our belief that Black Lives Matter and that vulnerable communities must be protected.

- LawHelp is a website that provides referrals to local public interest law offices, information about rights, court forms, and more: bit.ly/LH_ref
- Report anti-Semitic or other hate crimes, and receive resources on how to get involved in stopping anti-Semitic rhetoric and BIPOC violence http://bit.ly/ADL_r

· Stop AAPI Hate provides action steps for reporting AAPI hate crimes and shares resources for getting involved. http://bit.ly/API_r

Homelessness/Unhoused Populations

Everyone deserves a safe place to live. When people face displacement or loss of housing they can feel like they're losing everything. It's common to feel a mix of emotions: grief, sadness, anger, and more.

- 211 connects you with local resources and support. You can also text your zip code to 898211 for assistance: bit.ly/211_ref; Phone 211
- Homeless Shelter Directory provides a list of local shelters and other resources like food banks, soup kitchens, rent assistance, and clinics: bit.ly/3v3pOi3
- HUD Housing and Homeless Assistance is a directory for national homeless assistance and other resources like food, health, and safety: http://bit.ly/HUD_ref
- Job Corps is service that offers free education and training. You can earn a high-school diploma, housing, meals, health care, and more: bit.ly/JC_ref; Phone: 800-733-5627
- The Safe Havens Mapping Project is a directory for the pets of those experiencing domestic violence. <https://bit.ly/3hov3mO>

Human Trafficking

National Human Trafficking Awareness Day is recognized each year on January 11th. According to the Department of Homeland Security (2022), human trafficking involves “the use of force, fraud, or coercion to obtain some type of labor or commercial sex act.” This tip sheet explores human trafficking and offers guidance for supporting texters who may be in trafficking situations.

- **Types of Trafficking:** While sex trafficking is widely recognized, human trafficking also includes labor exploitation across various industries, such as domestic service, sweatshops, agriculture, and more. ([DHS, 2022](#)).
- **Diversity of Survivors:** Survivors come from all backgrounds, regardless of race, gender, socioeconomic group, religion, ethnicity, immigration status, etc.
- **Mental Health Impact:** Common psychological effects among survivors include depression, anxiety, post-traumatic stress disorder (PTSD), self-harm, and suicidal ideation (Ottisova et al, 2016, cited in Altun et al, 2017).
- **Barriers to Seeking Help:** Survivors often face challenges like fear of retribution, deportation, lack of identification, and language barriers, which can make it hard for them to ask for help (DHS, 2022).
- **Minors and Trafficking:** All minors (under the age of 18) involved in commercial sex work are victims of human trafficking. It's important to distinguish that consensual adult

sex work is not human trafficking This distinction is important as we confront our biases and work to best support the texter.

- National Human Trafficking Hotline is a website that provides immediate help to anyone being trafficked for sex or labor. Visit bit.ly/NHTH_ref or text 233733.
- The CyberTipline is a reporting system wherein people can make reports of suspected online child sexual abuse and exploitation. https://bit.ly/NCT_res
- Homeless Shelter Directory provides a list of local shelters and other resources like food banks, soup kitchens, rent assistance, and clinics: bit.ly/3v3pOi3
- Domestic Shelters is a website that helps survivors of domestic violence learn about and find shelters and crisis interventions services locally. bit.ly/ds_res

Image-Based Abuse

Image-Based Abuse (IBA) is a term used to describe various forms of online violence / harassment that weaponize sexually explicit images of another person to control, humiliate, or otherwise cause them harm. Common forms of IBA include:

- **Nonconsensual Pornography (NCP):** Obtaining and / or sharing sexually explicit images / videos of another person without their consent.
- **Sextortion:** Threatening to share sexually explicit images / videos of another person without their consent as leverage for continued harassment, including demands for money, additional images, etc.
- **Deepfakes:** AI-generated images / videos of a person created without their consent, often leading to the spread of disinformation about that person.
- **Child Sexual Exploitation (CSE):** Creating and / or obtaining sexually explicit images / videos of children by use of force, threat, or coercion.

Image-based abuse (IBA) is incredibly harmful and can have lasting effects on those that experience it. [Studies](#) have shown that IBA survivors experience similar negative effects as sexual assault survivors, such as increased stress, anxiety, depression, and suicidal thoughts.

Feelings of shame, embarrassment, and self-blame prevent many from opening up about their experiences. Some survivors feel compelled to remain silent, while others choose to report to law enforcement or other professionals. State laws around image-based abuse vary, and reporting can sometimes lead to roadblocks and re-victimization.

- Approximately 93% of individuals that have experienced nonconsensual pornography reported [significant emotional distress](#) as a result of their abuse, with 51% have reported thoughts of suicide.

- Studies show that individuals from [vulnerable and historically marginalized / underrepresented populations](#) are statistically more likely to experience image-based abuse.
- 1 in 4 [sextortion survivors](#) are under the age of 13.
 - **COACH: Cyber Security / Safety Planning:** COACH will walk a user through locking down their digital presence with step-by-step instructions to improve digital security. https://bit.ly/COhe_r
 - **Cyber Civil Rights Initiative:** CCRI is a website that offers support for adult victims of non-consensual porn and other forms of online abuse. Call 844-878-2274 24/7 or visit: bit.ly/CCR_ref
 - **Cybersmile:** Cybersmile provides information and support for online issues that deal with digital safety. http://bit.ly/CYS_res
 - **Legal Support for NCP:** Cyber Civil Rights Legal Project aims to help adult survivors of nonconsensual pornography by offering them legal assistance on a pro bono basis. bit.ly/CCRLP_r
 - **NCMEC's Cyber TipLine:** The CyberTipline is a reporting system wherein people can make reports of suspected online child sexual abuse and exploitation. https://bit.ly/NCT_res
 - **Online Harassment Field Manual:** This guide offers survivors of online harassment information on self-care strategies they can use to manage their emotions during this time. bit.ly/ohfm_r
 - **Right to Be:** Right to Be provides support and resources to people experiencing online harassment, which includes help with reporting harassment/abuse. https://bit.ly/HM_res
 - **Solid Ground:** Filing online takedowns for intimate images: This page provides step-by-step instructions on how to submit takedown requests for intimate images on different platforms. https://bit.ly/SGtd_r
 - **Solid Ground:** Limiting unwanted contact: This page shares information about how to limit contact in online spaces like social media platforms and offline places like work and school. bit.ly/SGlc_r
 - **Stop Non-Consensual Intimate Image Abuse:** StopNCII contributes to takedown requests of unwanted intimate images and provides searches to prevent image distribution before it can occur. bit.ly/SNCII_r

- **Take It Down:** TID provides a way for people to have nude, partially nude, or sexually explicit photos/videos taken before they were 18 removed from websites. bit.ly/tiden_r
- **Team HOPE:** Team Hope provides compassionate case management and mentorship to people who were missing or abused children via volunteer peer support. https://bit.ly/TH_enr
- **Thorn for Parents:** Thorn for Parents equips caregivers with information they can discuss with kids & teens about consent, sexuality, and privacy online. bit.ly/thorn_res
- **THORN: Stop Sextortion:** Stop Sextortion shares resources, support, information, and survivor stories about revenge porn, sextortion, and cyber abuse. bit.ly/Tss_en

Immigration

Being an immigrant or a descendant of immigrants can bring up different feelings that directly affect mental health. Not all immigrants view the migration process in the same way; each story is unique and each reason to migrate is different. These can range from seeking employment opportunities, family reunification, or [fleeing violence or political situations in their home countries](#). Per the [Pew Research Center](#) in 2020, the U.S. has more immigrants than any other country in the world. Nearly every country in the world is represented among U.S. immigrants.

Immigrants face many stereotypes about the identities, beliefs and practices that they bring from their country of origin and that remain a part of them when they are already in their new country. Complications can also come from not speaking the language of your new country well, since many services are offered only in this language. All of these factors can directly affect mental health and access to support systems.

It is important to recognize that people can be in various phases of the immigration process: seeking visas, permanent residence, citizenship, being undocumented, or people with Temporary Protected Status (TPS) or Deferred Action for Childhood Arrivals (DACA). For those who are undocumented, mental health challenges can be exacerbated due to lack of access to services and fear of sharing their status ([APA, n.d.](#)).

- This PDF provides a list of South Asian mental health agencies in the U.S. https://bit.ly/sao_r
- SAMHIN educates, advocates, and provides resources to help overcome mental health stigma; the site also has a SA provider directory. https://bit.ly/samhin_r

- South Asian Therapists offers a directory of trusted, culturally competent therapy by and for those in the South Asian community. http://bit.ly/SAT_r
- Citizenshipworks makes applying for citizenship equitable and accessible to all. Offers free legal advice http://bit.ly/CW_r
- Informed Immigrant offers informational resources for DACA, TPS, deportation, mental health, and help during the COVID-19 pandemic. https://bit.ly/IIE_res
- UNHCR provides information for refugees and asylum seekers about a variety of topics and has information for several countries. https://bit.ly/UNHCR_r
- IRAP provides free legal help to and information about refugees and displaced people. https://bit.ly/irap_res
- Inclusive Therapists is a directory of professionals that strive to embody: anti-discrimination, anti-oppression, anti-racism & anti-ableism. http://bit.ly/IT_r
- Therapy for Latinx provides a directory for Latinx folks to find culturally-attuned and inclusive therapists: https://bit.ly/THY4LX_res

Infidelity

Relationships can be tricky, especially when infidelity comes into play. It often brings up a lot of complicated feelings like hopelessness, grief, anger, and sadness. Both partners may struggle, whether it's the person who cheated or the one who was cheated on. The one who strayed might also feel guilt for causing pain.

- Mayo Clinic shared this article for folks who want to work on mending their marriage or relationship after experiencing infidelity. https://bit.ly/mci_res
- AAMFT shares information about infidelity, how it affects relationships, and how couples can work on repairing trust and the relationship. bit.ly/amfti_r
- Setting Healthy Boundaries in Relationships: This page shares information about boundaries, types, and how to set healthy ones to strengthen relationships and personal overall wellbeing. bit.ly/shbg_r

Job Loss/Financial Insecurity

Recently, there have been increasing numbers of layoffs, cuts, and general financial insecurity referenced by our texters. Not only do these have tangible effects on safety and wellbeing, like causing food insecurity and homelessness, but they also deeply affect mental health. People can experience many overlapping and complex feelings like anger, grief, disappointment, disbelief, and others. People may also be worried about finding another safe job if they are from a marginalized group.

- 211 connects you with local resources and support. You can also text your zip code to 898211 for assistance: bit.ly/211_ref; Phone 211

- This page talks about job loss and unemployment stress, as well as tips for how to cope and make a plan to move forward. https://bit.ly/jl_res
- CareerOneStop is a directory that provides resources for career exploration as well as a listing of available jobs by location and type: http://bit.ly/COS_ref
- Job Corps is service that offers free education and training. You can earn a high-school diploma, housing, meals, health care, and more: http://bit.ly/JC_ref
- Feeding America offers directory of local food banks in the US, based on zip code: http://bit.ly/FA_ref
- GoodRX allows users to search their medication/prescriptions and compare prices at different pharmacies; they also provide coupons. https://bit.ly/GRX_res
- Trans Can Work provides services to trans, intersex, and nonbinary job seekers looking for safe employment opportunities. http://bit.ly/TCW_r
- Help with Bills is a website that provides information about government programs that help with bill payment and temporary assistance: http://bit.ly/HWB_ref

LGBTQIA+

- **imi** teaches LGBT teens about gender and sexuality. Text “imi” to 70764 get mental health boosts or visit bit.ly/imi_res
- **LGBT Center Locator:** The CenterLink directory allows users to search for LGBTQ centers and shares services, locations, and hours for each listing. bit.ly/LGBTcl_en
- **Trevor Project:** Crisis intervention for LGBTQ+ youth. http://bit.ly/TP_referral
- **Trevor Space:** Connects LGBTQ youth to peer support and community. http://bit.ly/TS_ref
- **National Center for Transgender Equality:** Provides information and multi-level resources about transgender people and issues such as healthcare, homelessness, and civil rights. https://bit.ly/NCTE_ref
- **National Queer and Trans Therapists of Color Network:** National Queer and Trans Therapists of Color Network offers a directory to find a therapist and potential funding to pay for services: https://bit.ly/nqttn_res
- **Point of Pride:** Offers an annual transgender surgery fund, a free chest binder donation program, a free trans femme shapewear program, etc. bit.ly/POP_ref
- **Coming out Handbook:** Helps readers explore their sexual identity and provides tools and questions to help determine what it might be like to share their identity. http://bit.ly/OUT_ref

Some Definitions!

The beauty of the LGBTQIA+ community is that everyone is in charge of their own identity. Most of these vary from person to person, but here are some very general definitions.

- **Lesbian:** Typically, a woman identifying person who is predominantly attracted to other women. Some women prefer the term “gay” – it’s all up to you and what fits your identity best.
- **Gay:** In the past, only men who are attracted to men have used the word “gay.” Now, it is common for “gay” to be used by anyone who is attracted to their same sex or gender.
- **Bisexual:** A term that describes someone who is attracted to both men and women, or to more than one gender identity.
- **Transgender :** An umbrella term used to describe people whose true gender identity does not “match” the sex or gender they were assigned at birth. Many identities fall under the transgender umbrella, which are often designated with an asterisk after the abbreviation, “trans.” However, not all genderqueer or non-binary people identify as transgender.
- **Intersex:** Describes a condition in which a person is born with a sex that doesn’t fit the typical definitions of female or male due to genetic, hormonal or anatomical differences.
- **Asexual:** A term describing individuals who do not experience sexual attraction or do not have interest in or desire for sex. Asexuality is different from celibacy, which means abstaining from sex. Asexuality is often viewed as a spectrum – meaning there are varying levels and identities regarding someone’s emotional, spiritual and romantic attraction. The best way to refer to the asexual community is to use the umbrella term “ace” or “aces” as in the “ace community,” which acknowledges that spectrum.
- **Gender Non-Conforming:** Describes a person whose gender expression is, or appears to be, different from what we would expect from their assigned gender. Other terms include “gender variant” or “gender diverse.”
- **Non-Binary:** Anything that falls outside of the binary system (see definition above). Intersex, genderqueer, and bisexuality are all examples of non-binary identities.
- **Cisgender:** A person who identifies with the sex they were assigned at birth.
- **Queer:** A broad term that is inclusive of people who are not straight and/or cisgender. In the past this word was used as discriminatory. Today the word is often used in a positive way by folks who identify as queer as well as by allies of queer/LGBTQ people, however, some people still feel that it is a word that carries negative weight.

· **Deadname:** A trans or non-binary person's name given at birth. Though using someone's deadname is often not intentionally hurtful, some do deadname in order to invalidate and harm a trans/non-binary person. It's respectful and kind to use someone's name rather than their deadname.

All definitions from The Trevor Project.

Natural Disasters

- **211** connects you with local resources and support. You can also text your zip code to 898211 for assistance: bit.ly/211_ref
- **211 Puerto Rico:** Connects people in Puerto Rico with local affordable resources by providing their postal code: https://bit.ly/211pr_res
- **American Red Cross:** Texter Description: American Red Cross is a website that provides emergency assistance and disaster relief to families and individuals: http://bit.ly/RED_ref
- **mRelief:** Texter Description: mRelief is a website that offers a fast and easy process to apply and qualify for food stamps. Text SNAP to 74544 or visit: http://bit.ly/mrelief_ref
- **SAMHSA's Disaster Distress Helpline:** Texter Description: The Disaster Distress Helpline (1-800-985-5990) is a multilingual line that provides support to people distressed during/after disasters. https://bit.ly/DDH_res
- **Ready.gov:** Ready contains information guides about emergency preparedness and natural disasters. https://bit.ly/Ready_r

Self-Harm and Self-Injury

Self-harm, sometimes called self-injury, refers to any act or behavior that deliberately causes injury to one's body, without the intent to die. Some people turn to self-harm as a method of coping with heavy emotions.

- The **HelpGuide on Cutting and Self-Harm** provides information on identifying triggers, finding coping techniques, or supporting a loved one: bit.ly/HGharm_ref
- **Cornell Research Program** provides a PDF that lists alternatives to self-harm and distraction techniques for dealing with self-injury: bit.ly/cornell_ref
- **To Write Love on Her Arms** is a website that offers support for depression, addiction, self-injury, and thoughts of suicide: http://bit.ly/TWLOHA_ref
- **SIOS** educates people about self-harm/self-injury and offers ideas about coping skills. https://bit.ly/sios_r
- **Self-Injury Recovery Awareness** is a safe space for those who engage in physical self-injury to come together & share without judgment. https://bit.ly/SIRA_res

Sexual Assault

Sexual assault refers to any unwanted sexual contact or behavior that occurs without the explicit consent of the individual.

- Rape, Abuse and Incest National Network (RAINN): offers resources and phone support to sexual assault survivors. http://bit.ly/RAINN_ref
- Pandora's Project offers peer support to survivors of rape or sexual abuse through a safely moderated online support group and main site. https://bit.ly/Ppr_res
- The National Sexual Violence Resource Center: advocates for leadership and prevention of sexual violence through their resources and media centers. http://bit.ly/NSVRC_ref
- DOVE is a website that supports deaf women who have survived domestic violence or sexual assault: https://bit.ly/DOVE_r

Sex Work

Sex work is one of the oldest known professions, and [historical evidence](#) suggests that the profession existed in ancient societies dating back to ~2500BC. Today, sex workers are subjected to violence, stigma, and the loss of rights/protections that other jobs have. We want every texter who reaches out to feel safe and heard, regardless of profession.

An important note is that consensual adult sex work is not a form of human trafficking. Human trafficking is nonconsensual, coerced, and forced labor. Oftentimes people confuse one for the other. Meaning, some think that any and every sex worker is a victim and not choosing the work. Rather, if someone is not explicitly choosing sex work, that is sex trafficking and forced labor. The distinction is incredibly important to understand when confronting our own biases.

They're choosing this profession for many different reasons and deserve the same protections as other workers do. Some may engage in sex work due to life circumstances and systemic inequities, while others may do so as a way to express themselves.

- There's a variety of types of sex work. These include stripping or dancing, webcam modeling, pornography, being a sugar baby (being hired by someone to fund aspects of your life in exchange for companionship or sex), working in massage parlor-related prostitution, being a phone sex operator, and the typical association which is street or indoor prostitution.
- [Most](#) sex workers work independently or with peer networks, rather than someone else exerting force and demanding a cut of their profits.
- Sex work and human trafficking are often conflated which leads to [more stigma](#) as well as approaches that end up taking away rights and freedoms from sex workers who are voluntarily engaging in this work. In no way is sex work human trafficking, yet many people conflate them because of religion, stigma, or personal bias.

- In recent years, efforts to combat sex trafficking have made online spaces less safe. Sex workers have previously used forums to report unsafe clients to one another, as well as to vet potential clients in a more secure way. The removal of these forums puts their safety at risk.
- Engaging in sex work is not a moral failing or character flaw.
- People hire sex workers to feel intimacy, experiment with sexual preferences, connect with someone who will listen, etc. Each individual has their own desires, wants, and needs that paying a sex worker allows them to fulfill.
- [Many sex workers](#) identify as BIPOC, AAPI, and LGBTQIA+, making them more susceptible to violence.
- [WOP](#) is a national org run by and for sex workers. Offers resources, info on advocacy, and a community support line. <http://bit.ly/SWOPr> 877-776-2004
- [National Harm Reduction Coalition](#) shares info about radicalized drug policies as well as shares info on sex workers' rights and advocacy. http://bit.ly/HR_r

Substance Use & Addiction

As with any disease, addiction is not a choice. However, unlike with many other diseases, the stigma surrounding addiction can lead to guilt and shame.

- **Alcoholics Anonymous:** is a service which provides support for those who have struggled with drinking through a 12-step program: bit.ly/AA_ref
- **Coping Skills for Addictions,** this PDF shares coping skills that can be used as part of addiction recovery, including finding social support, diversions, and managing emotions. bit.ly/adcs_r
- **Narcotics Anonymous** is a website that supports you through recovering from drug addiction with a 12-step program and regular group meetings: bit.ly/NAsearch_ref
- **National Institute on Drug Abuse for Teens** is a website that teaches about drugs and what to do if you or a loved one is struggling: http://bit.ly/NIDA_ref
- **In the Rooms:** Provides immediate assistance for people seeking help with substance abuse via chat and hotline, and provides online support communities (12-step and non 12-step) for those in recovery. http://bit.ly/ITR_ref
- **Online Intergroup: Alcoholica Anonymous:** Provides support for those recovering from alcoholism through online support groups and online meetings bit.ly/aain_ref
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** SAMHSA is a website that provides information to reduce the impact of substance abuse. It also offers a helpline and treatment center locator: bit.ly/SAMHSA_ref

- **SAMHSA Treatment Locator:**Provides a directory for locating Behavioral Health Treatment Services for Mental Illness and Substance Abuse. <https://bit.ly/36lGHJ1>

Suicide

- In 2020, suicide was the twelfth leading cause of death overall in the United States, with over 45,000 people losing their lives to suicide.
- Suicide was the second leading cause of death among children aged 10-14 and adults aged 25-34.
- It was the third leading cause of death among adults aged 35-44.
- There were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576). While this statistic is important to know, we also want to highlight the following: based on the available data, It is evident that suicidal thoughts, even when being considered seriously, do not always lead to suicidal behavior. Out of the over 12.2 million adults who experienced suicidal thoughts in the United States, only 3.2 million adults reported having a plan for suicide. The number of adults who initiate action towards suicide is even lower than that, at 1.2 million.
- American Foundation for Suicide Prevention: find support for texters who have lost someone to suicide, are worried about a 3rd party, or need help themselves. http://bit.ly/AFSP_referral
- 988/Lifeline (National Suicide Prevention Lifeline):This is a 24/7 hotline that provides anonymous mental health support, prevention information, and resources. Call 988 or visit: https://bit.ly/988ll_ref.
- Now Matters Now is a website offers support for coping with thoughts of suicide through teaching DBT skills, videos, and personal stories: http://bit.ly/NMN_ref
- My Safety Plan: This allows you to build a safety plan you can use to keep yourself safe by writing down people you can contact, resources, and activities to do. bit.ly/sp_enr
- Emotional Safety Planning: Emotional Safety Planning is an interactive resource that provides grounding and self-care exercises to use in times of distress. https://bit.ly/esp_r

Suicide Loss

There's no right or wrong way to cope with the loss of someone to suicide. Everyone processes and grieves differently, at different intensities, and at different paces.

- People may experience prejudice and discrimination following the suicide loss of their loved ones. This could cause the individual reaching out to be experiencing isolation or abandonment if expected support is not there.

· Some cultures or religions may limit the rituals available to individuals who die by suicide which can compound the experience of loss, isolation, stigma, etc.

- Alliance of Hope is a nonprofit organization that provides an online, moderated 24/7 forum where suicide loss survivors can gain support. bit.ly/aoh_r
- Friends for Survival is a nonprofit suicide bereavement support program that includes ongoing peer support, a hotline, and additional resources. bit.ly/fs_res
- “Healing Conversations” is a program designed to connect survivors of suicide loss with peer support volunteers of a similar loss. https://bit.ly/hcssl_r
- Mourning Hope Grief Center provides weekly online grief support groups for families, young adults, adults, and those coping with suicide loss. https://bit.ly/mhope_r
- SAVE is a website that provides support groups for suicide loss survivors and resources to help yourself and others: bit.ly/SAVE_ref
- SAVE provides support and resources for suicide loss survivors; this PDF offers support for coping with the loss of someone who died by suicide. bit.ly/saveg_r
- Suicide Loss Survivors is a website that provides resources for suicide attempt survivors as well as those looking to help a survivor of suicide: bit.ly/SLS_ref
- After a Suicide is a guide for school personnel to learn how to communicate with the community, how to help students cope, and get support: bit.ly/asts_r

Supporting AAPI Texters

The ongoing violence against Asian Americans, Native Hawaiians, and Other Pacific Islanders (AAPI) is reprehensible. No one deserves to fear for their lives.

- Asian Mental Health Project: AMHP seeks to end the stigma surrounding mental health in Asian communities and provides free, weekly community wellness spaces for the community. bit.ly/amhp_r
- Asian American Legal Defense and Education Fund: AALDEF provides information on the legal rights of the AAPI community as well as actionable steps to take to make a difference. [http://bit.ly/AALDEF_r](https://bit.ly/AALDEF_r)
- Stop AAPI Hate: Provides action steps for reporting AAPI hate crimes and shares resources for getting involved. [http://bit.ly/API_r](https://bit.ly/API_r)
- Asian Mental Health Collective: A website dedicated to providing information, resources, and personal stories to the AAPI community. [http://bit.ly/AMHC_r](https://bit.ly/AMHC_r)

Supporting Black Texters

- According to the CDC, SAMHSA, and The American Psychiatric Association, adult Black people and African Americans are more likely to have feelings of sadness, hopelessness, and worthlessness than white adults.
 - Black teenagers are more likely to attempt suicide than white teenagers (9.8% vs 6.1%). This number doubles for transgender teens.
 - Black people are over-represented in our jails and prisons. Black and African American people make up 13 percent of the general U.S. population, but nearly 40 percent of the prison population.
 - Black people with mental health conditions, specifically those involving psychosis, are more likely to be put in jail or prison than people of other races.
 - Because less than 2 percent of American Psychological Association members are Black, some may worry that mental health care practitioners are not culturally competent enough to treat their specific issues.
 - Historical adversity greatly attributes to the health and mental health of marginalized communities. That's exactly why it's important to educate yourself and others on how we can help mitigate this pain.
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- Black emotional and Mental Health is a website that offers coping skills and resources to locate therapists or mobile crisis teams: https://bit.ly/beam_res
 - Black Girl Tribe (TRIBE, Inc.): TRIBE is an org that is dedicated to the betterment of Black girls. They advocate, educate, and provide opportunities for Black girls to thrive. bit.ly/3sHseXd
 - BlackLine is a hotline that allows you to anonymously report negative and inappropriate contact with police and vigilantes: https://bit.ly/BLINE_res
 - The Boris L. Henson Foundation provides a directory of mental health providers, programs, 1/2 and additional resources for the African-American/Black community. [bit.ly/blh_enr 2/2](https://bit.ly/blh_enr_2/2)
 - Mental Health Directories is a list of top inclusive directories to help you find a therapist: https://bit.ly/AFYA_res
 - Law Help: Provides referrals to local legal aid and public interest law offices, basic information about legal rights, immigration, court forms, court information and more. https://bit.ly/LH_ref
 - Obama Foundation: Provides resources to help users stay informed, engaged, and actionable about police violence and antiracism in the US. https://bit.ly/OFAA_ref
 - Ways to Help with Racial Justice: Ways to Help with Racial Justice is a website that lists actionable ways to help with racial justice: https://bit.ly/BLM_res

Supporting Latinx/BL Texters

U.S. Latin Americans may be anyone from a recent immigrant to someone who's been in the U.S. for generations. The Hispanic/Latinx/Latino/Latine community consists of people who can trace their roots to one of 21 Spanish-speaking countries or Portuguese-speaking Brazil. People may self-identify as any one of the terms listed above, or they may specifically choose to self-describe with their country of origin. It is often a personal choice, and folks can use terms interchangeably ([NAMI, n.d.](#))

This community, in general, shares a collectivist perspective and as such places a strong emphasis on family, including extended family members. There may also be a focus on a duty to family, which can include financial responsibilities or living with family well into adulthood.

- According to Census data, people of Hispanic origin are the largest racial and/or ethnic minority, making 18.9% of the total population in the U.S. ([as of July 2021](#)).
- States with one million or more Hispanic residents include: Arizona, California, Colorado, Florida, Georgia, Illinois, New Jersey, New Mexico, New York, North Carolina, Pennsylvania, Texas, and Washington.
- As shared by [Mental Health America](#) (MHA), within the Hispanic/Latino/Latinx population, older adults and youth are more susceptible to distress related to immigration and acculturation.
- Accessing treatment and support can be difficult due to shortages of bilingual providers, focus on physical instead of psychological symptoms, and differences in evaluation in English versus Spanish ([APA, 2017](#)).
- Mijente inspires people passionate about social change through active campaigns and a network of advocacy: https://bit.ly/mij_res
- Therapy for Latinx provides a directory for Latinx folks to find culturally-attuned and inclusive therapists: https://bit.ly/THY4LX_res
- Informed Immigrant offers informational resources for DACA, TPS, deportation, mental health, and help during the COVID-19 pandemic. https://bit.ly/IIIE_res
- United We Dream is a website that helps DACA recipients and Latinx immigrants with legal help, leadership development, & more: https://bit.ly/UWD_res
- Community Justice Exchange is a directory of local bail funds to help with the cost of bail and resources for protests and immigration: https://bit.ly/NBFN_res

Spanish

- LTAN conecta a personas latinoamericanas con terapeutas inclusivos que creen en los derechos humanos y la dignidad para la comunidad. <https://bit.ly/2UnFtLA>
- La Red Nacional de Terapeutas de Color Queer y Trans ofrece un directorio de terapeutas de color Queer y Trans y también un fondo de asistencia bit.ly/QTR_espr

- Conecta a personas Latinas con terapeutas inclusivos y sintonizados culturalmente. Es posible cambiar el idioma de la página utilizando la barra en la parte superior. bit.ly/3pSHWJj
- Americans for Immigrant Justice lucha por inmigrantes a medio de litigio, representación directa, defensa, y más. http://bit.ly/AIJ_espr
- CHIRLA ofrece recursos como la Línea de asistencia al inmigrante y educación sobre los derechos del inmigrante. https://bit.ly/chir_es
- Sitio Web que ofrece recursos informativos acerca de DACA, TPS, deportación, salud mental, y cómo conseguir ayuda durante la pandemia de COVID-19: bit.ly/2UfVmnh

South Asian Mental Health

This tip sheet was created in collaboration with MannMukti, a South Asian non-profit that aims to eradicate mental health stigma through storytelling and advocacy. This was authored by Ramya Chunduri, a Clinical Social Work Fellow in Oncology, and Psychotherapist.

- The South Asian population grew by approximately 97% from 2000 to 2013 (Ragavan, Fikre, et al., 2017).
- South Asians are defined as coming from these countries of origin: Bhutan, Bangladesh, India, the Maldives, Nepal, Pakistan, Sri Lanka and the diaspora.
- South Asians are a group that may have a common identity, but are from multiple different places, speak different languages, and have varied traditions/rituals/faiths.
 - These are called **intersectionalities**: race, gender, caste, religion, socioeconomic class, immigration status, language proficiency, ability, dependency level, etc.
- It is important to note that what some South Asians might identify with, others might not.
- **MannMukti** encourages healthy, open dialogue on South Asian mental health issues to remove stigma, improve awareness and promote self-care https://bit.ly/MM_rctl
- **SASMHA** provides many resources about mental and reproductive health, being LGBTQIA, and more. https://bit.ly/sasmha_r
- **SAMHIN** educates, advocates, and provides resources to help overcome mental health stigma; the site also has a SA provider directory. https://bit.ly/samhin_r
- **SAPHA** promotes the health and well-being of South Asian communities in the US through advocacy and education. https://bit.ly/sapha_r
- This PDF provides a list of South Asian mental health agencies in the U.S. https://bit.ly/sao_r

Supporting Trans Youth Texters

There has been an ongoing wave of anti-trans legislation in the United States, ranging from [Florida](#)'s omitting references or classroom instruction related to "LGBTQ topics" to [Texas](#)

forcing their Department of Family and Protective Services (DFPS) to investigate gender-affirming healthcare as “child abuse.”

Many other states within the U.S. are passing or considering passing legislation that affects trans people’s access to healthcare, ability to participate in sports, and even restroom access.

This legislation and an increase in anti-trans sentiments have caused trans people, their families, and allies feelings of stress, anger, anxiety, fear, among others.

- Gender incongruence, which is most commonly known as gender dysphoria, encompasses the feelings of distress, anxiety, sadness, and more experienced by those whose sex assigned at birth is not aligned with their gender identity (World Health Organization, 2019).
 - As reported by the [Human Rights Campaign Foundation in 2017](#), a study found trans youth are more likely than their non-trans peers to experience depression and feel suicidal.
 - A [2021 survey](#) conducted by The Trevor Project revealed that “42% of LGBTQ youth seriously considered attempting suicide in the past year, including more than half of transgender and nonbinary youth.”
 - Key risk factors include, not having social support, experiencing discrimination, housing instability, and being pushed toward conversion therapy ([The Trevor Project, 2022](#)).
 - On the other hand, having at least one accepting adult can reduce the risk of a suicide attempt by as much as 40% ([The Trevor Project, 2019](#)).
 - Respecting trans and nonbinary youth’s pronouns and chosen name, if applicable, significantly reduces suicidality.
 - Gender-affirming healthcare is also associated with positive mental health outcomes and lower rates of depression and suicidality ([Green et. al., 2021](#)).
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- Family Acceptance Project provides ethnic, cultural, and faith-based resources to increase support for LGBTQ children and young adults. https://bit.ly/lfa_res
 - How to be an ally to trans & non-binary youth. Includes definitions, common mistakes & tips on helping trans and non-binary youth feel safe http://bit.ly/TNB_ar
 - PFLAG is a website that offers the LGBTQ community and their loved ones information, resources, advocacy, education, and peer support: https://bit.ly/PFLAG_ref
 - National Queer and Trans Therapists of Color Network offers a directory to find a therapist and potential funding to pay for services: https://bit.ly/nqtcn_res
 - Trevor Project is a website that provides crisis intervention services to LGBTQ+ youth. Call 866-488-7386 or visit: bit.ly/TP_ref

People Living with HIV

HIV stands for human immunodeficiency virus. It weakens a person's immune system by destroying important cells that fight disease and infection.

No effective cure exists for HIV. But with proper medical care, HIV can be controlled.

All people living with HIV have a right to accurate and meaningful information about their social, sexual, and reproductive health. We've partnered with Prevention Access Campaign to support those living with HIV.

HRSA Health Centers Database: 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 women, mothers and their families, and those otherwise unable to access high quality health care.

(https://bit.ly/HRSA_ref)

National Queer and Trans Therapists of Color Network: 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. (https://bit.ly/nqtcn_ref)

Quitting Nicotine

Nicotine is addictive and quitting can be difficult. This can lead to a person feeling a variety of emotions like shame, guilt, anxiety, and stress.

- Nicotine can worsen anxiety symptoms and amplify feelings of depression.
 - Current e-cigarette users have double the odds of having a diagnosis of depression compared to those who have never vaped, according to a 2019 JAMA study of nearly 30,000 current e-cigarette users.
 - Vaping is significantly associated with higher levels of ADHD symptoms, based on a 2019 study of college students. Using e-cigarettes as an adult also had nearly twice the odds of association with cognitive complaints — having serious difficulty concentrating, remembering, or making decisions - compared to those who had never used e-cigarettes.
 - Quitting smoking is linked with lower levels of anxiety, depression, and stress, as well as improved positive mood and quality of life compared with continuing to smoke, according to a 2014 meta-analysis of 26 studies about smoking and mental health published in the British Medical Journal.
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- TIQ is a free, anonymous text messaging program that helps people ages 13-24 quit vaping. Text "CTL" to 88709 to sign up for daily texts or visit bit.ly/tiq_res
 - BecomeAnEX gives you guidance and community support for quitting smoking, vaping, dipping or chewing tobacco. https://bit.ly/bee_re

- SmokeFreeTeen: SFT offers tips and support for quitting smoking by providing other ways to cope with stress and it can help track how long someone's smoke-free.

Third-party

- Heads Up Guys: Heads Up Guys offers information and resources for men with depression and their loved ones who want to support them: bit.ly/HUG_res
- Know The Signs: Know the signs is a website that helps you recognize the signs of suicidal ideation and offers phrases to talk to someone about suicide: http://bit.ly/KTS_ref
- MHA: Find Help for Someone Else: Mental Health America is website that offers information and resources to support and find help for a friend or loved one: https://bit.ly/mhase_enr
- Reporting Suicidal Content on Social Media: This PDF offers a step-by-step guide to report suicidal content on all social media platforms: https://bit.ly/SOCIAL_res
- “Mental Health on Discord” is a page that explains what to do when users share they are experiencing thoughts of self-harm or suicide. bit.ly/mhod_r

Trauma/PTSD

Traumatic events could be experiencing an assault, a natural disaster, an accident, or witnessing violence, military combat, etc. People may feel anxious, depressed, angry, or be startled more easily, but it's important to know that there's no wrong or right way to cope with trauma. Though someone may have experienced a trauma, they don't always develop PTSD (Post-traumatic Stress Disorder) as a result.

Dialectical Behavior Therapy teaches people strategies to help them live their best and most productive life. https://bit.ly/DBT_res

The National Sexual Violence Resource Center is a website that advocates for leadership and prevention of sexual violence: http://bit.ly/NSVRC_ref

The National Child Traumatic Stress Network offers information about child trauma for parents, doctors, teachers, and youth. http://bit.ly/NCTS_r

FORGE advocates for and supports trans and non-binary survivors of trauma through advocacy and diverse resources. https://bit.ly/FF_res

National Association of Adult Survivors of Child Abuse is a website that offers support for trauma related to all abuse and neglect: https://bit.ly/NAASCA_res

PTSD Coach is an app that helps you track and work through symptoms of PTSD, as well as identify triggers and coping skills: bit.ly/CoachPTSD_ref

The National Center for PTSD is a website that offers articles about PTSD, how and why it occurs, its symptoms, and ways to cope with it: http://bit.ly/NCptsd_ref

Veteran/Military

- Veterans Crisis Line is a website that offers crisis intervention and suicide prevention for military issues. Text 838255 or visit https://bit.ly/vcl_r.
- TAPS provides support and resources to people grieving the death of a military loved one. Call 800-959-8277 or visit https://bit.ly/taps_res.
- Military One Source: confidential help for military and their families including finances, legal, housing, relationships, wellness, education, and employment. http://bit.ly/MOS_referral
- Objective Zero: 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. http://bit.ly/OO_ref
- CIC is a free service, offered to veterans' loved ones, that provides resources about mental health and substance use. https://bit.ly/cic_r