

HUMAN RIGHTS

- Black Lives Matter: <https://blacklivesmatters.carrd.co/>
- Yemen Crisis: <https://yemencrisis.carrd.co/>
- Stop Asian Hate: <https://anti-asianviolenceresources.carrd.co/>
- Help families in Afghanistan: <https://help.rescue.org/donate/afghanistan>
- Support Polish LGBTQ+ Community:
<https://www.ilga-europe.org/resources/news/latest-news/how-you-can-support-polish-lgbt-community-against-lgbt-free-zones>
- NAACP: <https://naacp.org/>
- The Trevor Project: <https://www.thetrevorproject.org/>
- Free Palestine: <https://helppalestine.carrd.co/>
- Stand with Uyghurs: <https://hearuyghurs.carrd.co/>
- Abolish ICE: <https://abolishice.carrd.co/#>
- Fight Antisemitism: <https://fightantisemitism.carrd.co/>
- Pro-Choice America: <https://www.prochoiceamerica.org/>
- Trans Lifeline: <https://translifeline.org/>
- Ukraine Red Cross: <https://redcross.org.ua/donate/>
- Donate to the Ukrainian Army: <https://savelife.in.ua/en/donate/>

MENTAL HEALTH (red = used personally)

- Centers for Disease Control and Prevention - Mental Health:
<https://www.cdc.gov/mentalhealth/index.htm>
- Rape, Abuse, and Incest National Network: <https://rainn.org/>
- Suicide Prevention: <https://suicidepreventionlifeline.org/>
- List of international suicide prevention hotlines:
<https://www.opencounseling.com/suicide-hotlines>
- Breathing exercise: <https://www.uofmhealth.org/health-library/uz2255>
- Grounding technique:
<https://www.urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx>
- Crisis Text Line: <https://www.crisistextline.org/>
- Calm Harm: <https://calmharm.co.uk/>
- I Am Sober: <https://iamsobber.com/>
- Substance Abuse and Mental Health Services Administration:
<https://www.samhsa.gov/find-help/national-helpline>
- Veterans Crisis Line: <https://www.veteranscrisisline.net/>
- Find Treatment: <https://findtreatment.gov/>
- National Domestic Violence Hotline: <https://www.thehotline.org/>