

Phoebe:

- Organize edit-a-thon
 - Edit-a-thon centers around adding on to the resources on this document, which need to be added to Wiki beforehand

Grace: Dr. Hoon & poke Korea team – message Dr. Youngstrom

Noreen:

- Contact Morgan ← EY did

Objectives:

1. Find the best available resources and information sites possible for each given trigger warning (TW).
2. List the TWs and write a couple-sentence description of the resource (who, what, why)
3. Work on adding/condensing/removing TWs as we go along.
4. Refine TW titles to be more concise/helpful.
5. Organize each section to be as user-friendly as possible (exp. Subdividing each box by “links” and “phone numbers” for further ease of use)
6. Decide on a new term to replace “trigger warnings” as many are non-traditional “TWs”; currently listed as “triggering topics” on the Wikipedia page.

03/24 Directions:

1. If you think a resource is not fitting/may need reconsideration, comment “FR”
2. If you need to add a source/information to a section that isn't your original one, please put the new info in blue.
3. For spelling/grammar and other minor edits, just proceed with the editing in normal font/color, no comment needed.
4. Put “reviewed by _____” next to the name of the section's original author.

04/07:

IDEAS:

- no full sentences, structured for bullet points
- short and simple
- what's different from other sources, not just what is on the page (why is the info different from similar pages)
- images and color (sprucing up the aesthetics to keep attention, grab attention, etc.)

-action points—what MY role will be with the resources (will i have to click more links, just do some info reading, calling a number, etc.)

-Maybe include use of action words like “CALL”

-maybe divide sources into “call” “read” etc. uniformly under each TW

-Put “related topics” section after each trigger warning (exp. In suicide box, put “related topics: PTSD, depression, therapy”)

-Possibly hyperlink lesser known words/concepts and important things so reader can click and be redirected to info page about it

OUTLINE:

1. Who? (10-20) Who is this resource meant for? Any specific identities, locations, etc.? Be as specific as possible.
1. What? (10-20) What can a reader expect from the resource? Is it predominately informational, a list of further resources, or a number they can call?
2. Why? (20-30) Why has this resource been included? What makes it different than other similar resources, and why is it important for a reader to pursue it?

*Note: keep keywords used in resource in your description (so things like, “suicide, CBT, therapy, therapist...”

May (reviewed by Jennifer):

-Suicide (Episode 2)

1. National Suicide Prevention Lifeline

Who: people in suicide crisis and need online support

What: CALL 1-800-273-8255 or visit <https://suicidepreventionlifeline.org/>

Why: this is a national network of local crisis centers that provides 24/7 and free online support

2. Call 911

Who: people in life-threatening situations

What: CALL 911

Why: fastest way to access emergency services

3. Crisis Textline

Who: people who need online counseling

What: Text HOME to 741741 or visit <https://www.crisistextline.org/>

Why: connect with a crisis counselor

-PTSD (Episode 5)

1. PTSD's wikipedia page

Who: people who wonder what PTSD specifically is

What: visit wikipedia https://en.wikipedia.org/wiki/Post-traumatic_stress_disorder

Why: provide a comprehensive overview of PTSD

2. National Center for PTSD

Who: people with PTSD searching for governmental assistance

What: Call 1-800-273-8255 or visit <https://www.ptsd.va.gov/index.asp>

Why: part of the U.S. Department of Veteran Affairs; provide access to therapists

3. An online test for PTSD

Who: people worry of having PTSD symptoms and want to have pre-test before visiting psychiatrists

What: visit <https://www.clinical-partners.co.uk/for-adults/anxiety-disorders/ptsd/ptsd-test>

Why: A quick but non-diagnostic test to identify if you experience common signs of PTSD. (Added by Jennifer:) It should not be considered diagnostic, speaking with a professional is encouraged.

4. Tips for helping someone with PTSD

Who: family members or friends of patients with PTSD

What: visit <https://www.helpguide.org/articles/ptsd-trauma/helping-someone-with-ptsd.htm>

Why: A solid article providing tips for helping someone with PTSD.

-Memory Impairment/Illness (Episode 4)

1. The Alzheimer Association

Who: people who suffer from memory loss due to Alzheimer disease

What: CALL 1-800-272-3900 or visit <https://www.alz.org/>

Why: provides dementia services and support groups.

2. An online memory quiz

<https://alzheimersprevention.org/alzheimers-info/memory-quiz/>

Quiz to quickly assess the degree of memory loss, should not be considered diagnostic.

3. Cancercare website (brain cancers also lead to memory impairment)

<https://www.cancercare.org/>

Organization that provides counseling, case management, and support groups for people diagnosed with cancers.: **tangentially linked to memory loss, maybe should look specifically at brain cancer(s)?**

4. An article on causes and coping skills of memory loss

<https://www.healthline.com/health/memory-loss>

-Gambling Problems (Episode 1)

1. National Problem Gambling Helpline: 1-800-522-4700

24/7 chat with a helpline specialist: WWW.NCPGAMBLING.ORG/CHAT

(Operated by The National Council on Problem Gambling, available across the United States)

2. The Problem Gambling Helpline: [1-800-GAMBLER](tel:1-800-GAMBLER)

A helpline operated by Problem Gambling Awareness Month campaign, available 24/7.

3. A solid article on gambling problems

<https://www.helpguide.org/articles/addictions/gambling-addiction-and-problem-gambling.htm>

Details the signs and symptoms of gambling disorder; offers self-help tips and treatments.

Added by Jennifer:

Gambler's Anonymous

<https://recovery.org/support-groups/gamblers-anonymous/>

A 12-step recovery program for people with gambling addiction.

-Depression (Episode 9)

1. National Suicide Prevention Lifeline: 1-800-273-8255

<https://suicidepreventionlifeline.org/>

A national network of local crisis centers; they provide 24/7 and free online support and handle all situations related to suicide and emotional distress.

Added by Jennifer

American Psychiatric Association, What is Depression?

<https://www.psychiatry.org/patients-families/depression/what-is-depression>

A page from the website for the American Psychiatric Association that provides detailed information about the symptoms of depression.

2. National Alliance on Mental Health (NAMI)

Website: <https://www.nami.org/home>

A nationwide mental health organization with affiliates narrowed down to towns. They provide mental health education programs and a help line; useful for people seeking mental health resources.

3. Mental Health America's online test on depression

<https://screening.mhanational.org/screening-tools/depression/>

A quick online test that helps people better understand their mental situations; unofficial test that cannot constitute a diagnosis.

4. An article on depression intervention: What to Do and What Not to Do

<https://www.healthline.com/health/depression/intervention>

Elderly man wet himself — actually a symptom of advanced Alzheimer's, incontinence (Episode 5)

1. Alzheimer's Association

Website: <https://www.alz.org/>

Helpline: 800.272.3900 (for advice and support)

An association offering online support groups for caregivers and resources for diagnosing Alzheimer's disease and treatment.

2. Alzheimer's Foundation of America

Website: <https://alzfdn.org/>

Helpline: 866-232-8484

3. An article about urinary incontinence in older adults published by National Institute on Aging

<https://www.nia.nih.gov/health/urinary-incontinence-older-adults>

Article explains types of incontinence and medical treatments.

Added by Jennifer

National Association for Continence

<https://www.nafc.org/>

An organization that provides resources for elderly adults with incontinence and information about the medical conditions that involve incontinence.

Alana (reviewed by May):

Discrimination (episode 4)

- Racial/Color Discrimination
 - <https://www.eeoc.gov/racecolor-discrimination>
 - A good resource educating people on what racial/color discrimination could like in workplace settings. Provides definitions and examples of how discrimination could permeate in employment policies, racially offensive symbols, remarks, etc.
- Facts about Race/Color discrimination
 - <https://www.eeoc.gov/laws/guidance/facts-about-racecolor-discrimination>
 - Provides more in-depth facts about race/color discrimination in the workforce, gives informations about Title VII of the Civil Rights Act of 1964 (Act which protects people from being discriminated because of gender, religion, sexuality, race, or color of their skin) and includes examples of how Title VII can protect people from being discriminated in workplace settings.

The first two resources have overlapping content. If the website space is limited, maybe just choose one article (comments from May).

- Combating Migrant Worker Discrimination

- <https://www.ohchr.org/EN/ABOUTUS/Pages/DiscriminationAgainstMigrants.aspx>
- This resource talks about migrant worker discrimination in the US and provides information on how to get involved in helping migrant worker populations.
- End Stigma Against Migrant Workers and Their Children during Covid-19
 - <https://www.unicef.org/eap/press-releases/end-stigma-and-discrimination-against-migrant-workers-and-their-children-during>
 - This resource focuses discrimination against the migrant population in the context of covid-19. This is especially important as xenophobia against migrant workers and other minority populations has risen in recent years due to misinformation about Covid-19.

Organ Trafficking (episode 4)

- National Human Trafficking Hotline
 - <https://humantraffickinghotline.org/resources>
 - Instant Help Number: 1-800-373-7888; Text: 233733
 - protects victims of sex, labor, and organ trafficking. This is a way for those who have been a survivor of human trafficking to seek out support or a way to alert authorities of a potential trafficking situation.
- Polaris Project on Human Trafficking (This resource has the same link as the above one. Consider combining them together)
 - <https://humantraffickinghotline.org/resources>
 - Helps understand the complexity of human trafficking and provides resources on understanding the signs and the importance of knowing the story of the victims.
- United Nations Trust Fund for Victims of Human Trafficking- Organ Trafficking
 - https://www.unodc.org/unodc/en/human-trafficking-fund/human-trafficking-fund_projects_removal-of-organs.html
 - Background on organ trafficking in the global context. It also provides the latest news on organ trafficking and fundraising links.

-Housing Instability (episode 2)

- Public Housing Agency Plan
 - https://www.hud.gov/program_offices/public_indian_housing/pha/contacts
 - This provides information on housing instability along with a place where someone can apply for housing assistance. This resource specifically allows people to apply for an emergency housing voucher.
- Consumer Financial Protection Bureau
 - <https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/renter-protections/find-help-with-rent-and-utilities/>
 - This allows people to find rental assistance in their area.

- Rural Housing Services
 - <https://www.rd.usda.gov/about-rd/agencies/rural-housing-service>
 - This resource offers housing assistance to those in rural communities. They also help improve housing and essential community facilities through the offering of loans and grants.
- CoAbode
 - <https://www.coabode.org/>
 - This is a homes sharing program designed to help single mothers connect and find a home to share together. This decreases the chance of housing instability and helps support single mothers in raising their children.
- Habitat for Humanity
 - <https://www.habitat.org/housing-help/apply>
 - This is a program where people with housing instability can apply to live in a home of another homeowner's construction. For example a person will buy a home or construct a home for another person to live in. This is called sweat equity.

Living Uninsured (episode 2)

- Facts about the Uninsured Population
 - <https://www.kff.org/uninsured/issue-brief/key-facts-about-the-uninsured-population/>
 - This provides information on the uninsured population living in the US so people can be more educated on the implications of living uninsured...
- Medicare
 - <https://www.medicare.gov/basics/get-started-with-medicare>
 - Medicare is a federally sanctioned health insurance program that offers coverage for prescription medication, hospital visits, doctor's visits, etc. It is for people who are 65 years or older and for those who are younger than 65 who have health conditions or disabilities.
- Medicaid/ CHIP (Children's Health Insurance Program)
 - <https://www.medicaid.gov/about-us/beneficiary-resources/index.html#statemenu>
 - Medicaid is a health insurance program run by the state and is designed to offer coverage to low-income groups.
 - The link above provides info about who qualifies for medicaid, what it offers/covers, and how one can apply for the program.
 - CHIP is an extension of medicaid designed to specifically assist uninsured, low-income children
- HealthCare.gov
 - 1-800-318-2596 (for questions on healthcare)
 - <https://www.healthcare.gov/screener/>

- Provides information on types of federal and state health insurance programs and helps a person see which program would work best for them. Also provides access to local resources so the person can seek assistance closer to them.
- Rural Health Clinic Program
 - <https://www.ruralhealthinfo.org/topics/rural-health-clinics#overview>
 - This program is designed to increase healthcare access to those living in rural communities. This program also covers treatment from doctors and nurses.
- National Health Care for the Homeless Council
 - <https://nhchc.org/directory/>
 - This is a great resource that could help homeless or displaced individuals get health care coverage as it connects them to local services and helps provide them with potential coverage options.
- Cash pay out and out of pocket options
 - <https://khealth.com/urgent-care/>
 - For those who necessarily do not have the means to pay for health insurance, this resource can help people get the healthcare that they need without having to pay the extra costs that come with not having insurance. K health is essentially virtual urgent care, where you use an app that connects with a healthcare provider without the additional cost.

Noreen: (Reviewed by Alana)

Hotlines; organizations; articles; Added Resources

-Abuse

1. Domestic Abuse (episode 1)

- a. 911 emergency call
 - i. If you are facing an emergent situation regarding domestic abuse, please call 911; it's one of the fastest ways to get help in an emergency situation.
- b. Call 800-799-7233 or Text "START" to 88788 (National Domestic Violence Hotline)
 - i. If you need immediate help and/or want to enquire specific information about domestic abuse, you can Call 800-799-7233 or Text "START" to 88788. There are professionals on domestic abuse to give you immediate help.
- c. Domestic Violence Civil Protection Orders (CPOs) By State
https://www.americanbar.org/content/dam/aba/administrative/domestic_violence1/Resources/charts/6%2019%202013%20LGBT%20CPO%20statutory%20chart_FINAL.pdf

- i. This chart, provided by Commission on Domestic and Sexual Violence, entails state-by-state information about definition of domestic violence as well as legal rights for domestic violence victims.

2. Physical Abuse (episode 1)

- a. Call 9-1-1 (emergency service)
 - i. If you are facing an emergent situation regarding physical abuse, please call 911; it's one of the fastest ways to get help in an emergency situation
- b. <https://www.healthyplace.com/abuse/adult-physical-abuse/physically-abused-where-to-get-help-for-physical-abuse>
 - i. This website lists immediate and additional helping resources for physical abuse victims. There are also resources for teenagers and underrepresented groups.
- c. <https://www.goodtherapy.org/learn-about-therapy/issues/physical-abuse>
 - i. This is an article detailing the types, signs, psychological issues of physical abuse and tips for leaving an abusive relationship or situation.

3. Relational Abuse (episode 4)

- a. National Dating Abuse Helpline: 1-866-331-9474
 - i. If you need immediate help and/or want to enquire specific information about relational abuse, you can call this hotline. There are professionals on relational abuse to help you immediately.
- b. <https://kidshealth.org/en/teens/abuse.html>
 - i. This provides information on definitions/signs of abusive relationships, tips for getting out of an abusive relationship, and how to deal with the mental and emotional struggles.

-Divorce/Custody Issues (episode 2)

- 1. DivorceCare <https://www.divorcecare.org/healing>
 - a. This is an organization that offers divorce recovery and support programs that helps people heal from the pain of divorce. Click the link to see the provided services.
- 2. State Divorce Resources Directory
<https://www.womansdivorce.com/state-divorce-resources.html>
 - a. Click the link to the directory that provides access to state-specific divorce laws and guidelines, along with divorce lawyers in the surrounding area.
- 3. <https://www.helpguide.org/articles/parenting-family/children-and-divorce.htm>
 - a. Provides tips to communicate with kids about divorce and ways to work with experts to help kids cope with parents' divorce.

-Foster Care/Orphanage (episode 2)

- 1. Foster Parent Advice Line: +1 800-829-3777

- a. Call the hotline to get advice with issues such as navigating the foster care system, probate court and legal guardianship, understanding child development.
2. Helping a younger sibling in foster care:
 - <https://kidsmatterinc.org/for-youth/how-to-help-a-younger-sibling/>
 - a. This website provides information about requirements, guidelines and assistance hotline for older siblings/relatives who wish to foster or adopt younger siblings or relatives.
3. National Foster Parent Association <https://nfpaonline.org/>
 - a. Provide foster families with opportunities for advocacy, networking, and education. Resources include adoption information, foster parents training and education, etc.
4. Family Law Self-Help Center
 - <https://www.familylawselfhelpcenter.org/self-help/custody-paternity-child-support>
 - a. A self-help center for foster parents to access common Q&A about legal issues regarding custody and child support.

- Sexual Assault/ Rape Attempt (Ep 7)

1. National Sexual Assault Hotline: Call 1-800-656-4673
 - a. If you need immediate help for sexual assault/rape attempt, please call 1-800-656-4673.
2. RAINN (Rape, Abuse, and Incest National Network)
 - <https://www.med.unc.edu/beacon/get-help/sexual-assault-resources/>
 - a. RAINN is the nation's largest anti-sexual violence organization. The organization works with more than 1,000 local sexual assault service providers across the country and carries out programs to prevent sexual violence, help victims, and ensure that perpetrators are brought to justice.
3. National Sexual Violence Resource Center (NSVRC) <https://www.nsvrc.org/>
 - a. The NSVRC's Mission is to provide leadership in preventing and responding to sexual violence through collaboration, sharing and creating resources, and promoting research.
- End the Backlog
 - <https://www.endthebacklog.org/backlog/what-rape-kit-backlog>
 - Discusses the Rapekit backlog in addition to providing education on what rapekits are, how to report a rape, and to get involved in the organization.
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-Workplace injury (Ep 4)

Workers' Injury Law & Advocacy Group (WILG)

A national non-profit membership organization dedicated to help workers and their families who suffer the consequences of work-related injuries or occupational illnesses and who need expert legal assistance to obtain medical care and other relief under workers' compensation programs.

- OSHA Worker Rights and Protections

- <https://www.osha.gov/workers>
- 1-800-321-6742 (OSHA)- Hotline that workers can use to call about health and safety issues at work
- Provides good information on worker's rights so they can be more educated on their rights, where they can file a claim, and how they can be compensated in the event of a work-related injury.
- Worker's Compensation
 - <https://www.enjuris.com/workplace-injury/>
 - This resource provides a more in-depth guide on how worker's can receive compensation for a work-related illness/injury.
- Workplace Injuries Report and Benefits Resource Guide
 - <https://www.helpadvisor.com/social-security/serious-workplace-injuries-by-state>
 - Provides an intensive guide to workplace injury. This resource lists out recent statistics on workplace injuries since the onset of the pandemic. Additionally, this resource provides links to information on benefits and compensation that a worker could receive for work-related injuries. It also provides information on the protections that workers can receive for filing a complaint or making a claim.

-Accultural (Ep 6)

Joy Mental Fitness

<https://www.joymental.com/therapy-for-acculturation/>

A therapy site provides information about the definition, categories, and symptoms of acculturation. You can also schedule a teletherapy for acculturation in the website

Hope: (Reviewed by Noreen)

-Terminal Illness

- <https://www.cancerresearchuk.org/about-cancer/coping/dying-with-cancer/after-some-one-dies/coping-with-grief>
 - This article, by Cancer Research UK, is directed to someone who has lost a loved one and overviews the stages of grief, different types of grief, and coping skills. Containing many facts and helpful statistics, this article gives insight to all sides of the situation, setting expectations for the future.
- <https://www.verywellhealth.com/coping-with-anticipatory-grief-2248856>
 - This website, aimed toward someone who has lost a loved one, focuses on the distinction between anticipatory grief (before someone dies) versus

conventional grief (afterwards), utilizing many of the same coping strategies, but in a more tailored way.

- https://www.cancercares.org/tagged/advanced_cancer
 - Cancer Care provides resources and expectations for advanced cancer patients, setting expectations, giving advice, and suggesting ways to spend valuable time.

-Chronic Illness

- <http://www.cicmich.org>
 - CALL: (800)905-8862
 - The Chronic Illness Coalition's (CIAC) website gives resources to the public and include: uninsured advice, support groups, and clinical trials.
- <https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>
 - The CDC's guide to prevention and resources for chronic illness. Includes statistics, study interventions, and funding guides.
- <https://www.ncoa.org/article/evidence-based-chronic-disease-self-management-education-programs>
 - Website includes facts about chronic illness and recommendations for self-management.

Jennifer: (reviewed by Grace)

[hotlines/phone numbers](#)

[Organizations](#)

[Articles](#)

Workplace Harassment (Ep 7)

<https://projectwhen.org/resources/>

This organization offers resources for both employers and employees on the topics of workplace harassment, including sexual harassment. They provide information on how to prevent and report harassment.

<https://www.eeoc.gov/harassment>

This page contains the legal definition of harassment and explains what groups are included as protected against harassment under the law. It is from the US Equal Employment Opportunity Commission (EEOC).

[EEOC phone number](#)

1-800-669-4000

This number can be called in the US to report workplace harassment.

Sexual Harassment and Assault At Work

<https://iwpr.org/iwpr-publications/briefing-paper/sexual-harassment-and-assault-at-work-understanding-the-costs/>

This article is an overview about what qualifies as sexual harassment, when it occurs in the workplace, and what to do when it occurs. The information in this article was compiled by the Institute for Women's Policy Research.

Homelessness/Destitution (Ep 9)

<https://www.hudexchange.info/housing-and-homeless-assistance/>

HUD Exchange is a website run by the US Department of Housing and Urban Development that provides information and access to housing, food, health and safety resources, and job training for people experiencing or at risk for homelessness.

National Alliance to End Homelessness

<https://endhomelessness.org/how-to-get-help-experiencing-homelessness/>

Website run by the National Alliance to End Homelessness that provides phone numbers and other resources for people to access shelter/housing services, health care, and food if they are experiencing or at risk of experiencing homelessness.

2-1-1 hotline

Many states across the US have hotlines for individuals to call, 2-1-1, if they are homeless or about to become homeless. Trained staff help callers find shelter and other resources.

Rape (Ep 4)

National Sexual Assault Telephone Hotline

800.656.HOPE (4673)

This hotline connects callers with a local sexual assault service provider based on their phone number's area code. Callers also have the option of manually entering their zip code. The service is confidential and allows callers to file reports and find support.

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

National Sexual Violence Resource Center (NSRVC)

<https://www.nsvrc.org/organizations>

This website offers an easy-to-navigate directory of resources for victims of sexual violence, providing support organizations that can be filtered by organization type or location.

Going on strike (Ep 5)

NLRA and the Right to Strike

The page NLRA and the Right to Strike outlines when it is and is not illegal for workers to strike, with a translation of the page available in Spanish. This is the official site for the National Labor Relations Board, a group consisting of professionals that provide information about the laws and regulations surrounding labor in the United States.

<https://www.nlrb.gov/about-nlrb/rights-we-protect/your-rights/nlra-and-the-right-to-strike>

The American Federation of Labor and Congress of Industrial Organizations (AFL-CIO)

This is the website of an organization that provides resources for joining or establishing a labor union. It provides information on strikes across the country and how to become involved in them.

<https://aflcio.org/>

Repercussions for going on strike (Episode 5)

Article about who can be punished by employers for crossing picket line (strike-breaking) and who cannot.

<https://www.shrm.org/resourcesandtools/hr-topics/labor-relations/pages/crossing-picket-line-s.aspx>

Mass Violence (Episode 4)

The Impact of Disaster and Mass Violence Events on Mental Health

This article from the US Department of Veterans Affairs details information about survivors' reactions to disasters and mass violence events, and it distinguishes the pathology of PTSD (post-traumatic stress disorder) from an expected reaction to such traumas.

https://www.ptsd.va.gov/professional/treat/type/violence_trauma_effects.asp

Incidents of mass violence

<https://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/incidents-mass-violence>

This article from the Substance Abuse and Mental Health Services Administration describes common reactions to incidents of mass violence and how to get help for those experiencing distress due to these events.

Disaster Distress Helpline at 1-800-985-5990

Multilingual, toll-free, confidential support service that provides support and counseling for those experiencing emotional distress related to any natural or human-caused disaster.

Financial Trouble (Episode 1)

Debt and mental health

This article from the UK Mental Health Foundation outlines how debt and financial difficulty can have an impact on people psychologically, and how mental health difficulties contribute to financial problems. It also provides information on how to get help for these issues.

<https://www.mentalhealth.org.uk/a-to-z/d/debt-and-mental-health>

Settling Credit Card Debt

This page on the website of the Federal Trade Commission details ways of consolidating credit card debt and how to avoid predatory debt consolidation companies.

<https://www.consumer.ftc.gov/articles/0145-settling-credit-card-debt>

Grace: (reviewed by Jared)

Food Insecurity (Ep 4)

- [Supplemental Nutrition Assistance Program \(SNAP\)](#)
 - SNAP provides nutrition benefits to add to the food budget of families in need so they can buy healthy food and move towards being self-sufficient.
- [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#)
 - “The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk.”
- [Food Distribution Programs Map \(click on state for more programs\)](#)
 - “The Emergency Food Assistance Program (TEFAP) is a federal program that helps supplement the diets of low-income Americans by providing them with emergency food assistance at no cost. USDA provides 100% American-grown USDA Foods and administrative funds to states to operate TEFAP.”
- [Senior Farmers' Market Nutrition Program](#)
 - “The Seniors Farmers' Market Nutrition Program (SFMNP) is designed to: 1) Provide low-income seniors with access to locally grown fruits, vegetables, honey and herbs. 2) Increase the domestic consumption of agricultural commodities through farmers' markets, roadside stands, and community supported agricultural programs. 3) Aid in the development of new and additional farmers' markets, roadside stands, and community support agricultural programs.”
 - Need to find “apply” page
- [Resources & Support to Promote Food Security](#)
 - Large overview of what food insecurity is and the problems it leads to, as well as a compilation of resources to combat food insecurity
 - [This webpage developed by Student Training & Education in Public Service \(STEPS\) provides a large overview defining food insecurity and the problems it leads to. STEPS compiles several resources to combat food insecurity as well as ways to apply for various programs.](#)

Loss of a family member/parent (Ep 9)

Children

- [National Alliance for Children's Grief](#)
 - Resources for grieving children
 - Should link to resources? or just general home page

- The National Alliance for Children's Grief (NACG) is a nonprofit organization whose goal is to raise awareness for children and adolescents who are grieving the death of a loved one while also informing a wider audience about these issues and providing resources to help them.
- [Dougyc Center: Grief Resources for Kids](http://dougyc.org) (dougyc.org)
 - Worksheets/activities for children to work through grief
 - The Dougyc Center's goal is to utilize a humanistic approach to understand and support children who are grieving a loved one. This specific page on their website provides several worksheets with engaging activities for kids to organize their thoughts and emotions towards grief.
- [Sesame Street in Communities](#)
 - Sesame Street-themed activities for grieving kids
 - This resource provides several articles, activities, worksheets and videos for kids to use when grieving.

Adults

- [Hospice & Community Care Grief Resources](#)
 - Long list of videos, readings, caregiving suggestions, for adults, and for teens
 - Hospice & Community Care focuses on providing support for individuals coping with life-threatening illness and those who are grieving. This webpage compiles a long list of videos, readings, caregiving suggestions, and general information about grief for adults and teens.
- [After Talk](#)
 - Online platform where people can write messages to their lost ones to ease the silence of the loss. "It is a place of Comfort, Sharing and Insight for those who have experienced loss or are supporting a Loved One in Hospice Care."

Widows/Widowers

- [National Widowers Organization](#)
 - Resources and connect groups in particular for men who lost their wives
 - The National Widowers Organization provides several resources and virtual support groups for men who are grieving. This website also provides a peer support program to connect with others who are going through similar experiences.
- [Widowed Parents](#)
 - Resources and support for widows and widowers with children
 - This website provides support for widowed parents and children who are experiencing the loss of a loved one. This resource also compiled several virtual and in-person support groups to connect with others.

Medical Expenses (Ep 2)

- [Extra Help](#)
 - “MeMedicare beneficiaries can qualify for Extra Help paying for their monthly premiums, annual deductibles, and co-payments related to Medicare prescription drug coverage.
 - We estimate the Extra Help is worth about \$5,100 per year. To qualify for Extra Help, you must be receiving Medicare and have limited resources and income.”
 - [Apply online, over the phone: 1-800-772-1213, request a paper application, or apply at your local Social Security Office](#)
- [The HealthWell Foundation](#)
 - Organization that provides financial assistance by assisting with copays, premiums, deductibles and out-of-pocket expenses when health insurance is not enough.
- [PAN Foundation](#) (Patient Access Network)
 - PAN Foundation helps underinsured individuals with diseases with out-of-pocket costs, allowing them to get the medications and treatments they need and advocating for improved access and affordability.
- [National Association of Free & Charitable Clinics \(NAFCC\)](#)
 - Connects those economically disadvantaged individuals to free and charitable clinics
 - [The National Association of Free & Charitable Clinics \(NAFCC\) focuses on connecting economically disadvantaged individuals to free and charitable clinics. NAFCC has a goal in mind of making healthcare more accessible to individuals based on location.](#)
- [CancerCare Co-Payment Assistance Program](#)
 - [This program helps people with cancer overcome financial stress and treatment barriers by assisting them with co-payments for treatments.](#)

Jared: (reviewed by Susan)

Anxiety/Fear (Ep 7)

- <https://www.nimh.nih.gov/get-involved/digital-shareables/shareable-resources-on-anxiety-disorders>
 - The National Institute of Mental Health (NIMH) is a federal agency dedicated to researching mental disorders. This page specifically provides resources for those facing anxiety disorders, including videos and helpful infographics on how to cope when faced with stress.
[NIMH » Anxiety Disorders \(nih.gov\)](#)

- This page under the NIMH page above provides a brief introduction, symptoms, and treatments, together with comprehensive resources and brochures about Anxiety Disorders.
- Note: There are two links in the very top NIMH page, but the brochure one just contains resources we can find in the Anxiety Disorders page
- <https://www.samhsa.gov/find-help/national-helpline>
 - Anxiety Helpline: 1-800-662-HELP (4357) (in English and Spanish)
 - SAMHSA's National Helpline for anxiety, substance use, and other mental health disorders is a 24/7 confidential resource for individuals facing anxiety and fear. SAMHSA provides callers with access to treatment, support groups, and local organizations for easy-access.
 - Note: The helpline does not provide counseling, it is mainly an information center that can transfer people to appropriate state or local services.
- [435748 \(HELP4U\) – Treatment Referrals via Text Message | SAMHSA](#)
 - Text your 5-digit ZIP Code to [435748 \(HELP4U\)](#) (only in English) Reply STOP to cancel or HELP to reach an information specialist.
 - It is a text option provided by the SAMHSA's national helpline

Separation from Family (Ep 2)

- <https://www.therecoveryvillage.com/mental-health/self-harm/how-to-help-a-friend-with-separation-anxiety/>
 - Call: 877-782-7659
 - The Recovery Village is a website focused on providing resources for a wide variety of mental health concerns, including separation anxiety. This particular article on their website lists ways to help a friend who is facing separation anxiety as well as methods to cope with it.
- <https://raisingchildren.net.au/for-professionals/mental-health-resources/parent-mental-health-and-wellbeing/separation-and-divorce>
 - This site provides support for parents after a separation or divorce, including how to help children in various age groups facing the same conflicts. This resource provides support for single parents, children living in two separate homes, teenagers, and conflict management between parents.

Mass Causality/Trauma (Ep 1)

- https://www.ptsd.va.gov/understand/types/resources_disaster_violence.asp
 - This resource specifically provides aids for veterans dealing with PTSD, but also provides great resources for all individuals who face PTSD. This page specifically provides resources on what to expect when faced with mass violence and a virtual PTSD coach.

- Veterans Crisis Line: Call 1-800-273-8255 and Press 1 (24/7), chat live, or text 838255. Call 911 if is urgent (check [Signs of Crisis \(veteranscrisisline.net\)](#))

National suicide Prevention Lifeline: 1-800-273-8255 (24/7)

- <https://www.aaets.org/trauma-information/helpful-information-during-and-after-a-traumatic-event>
 - The American Academy of Experts in Traumatic Stress (AAETS) is made up of a committee of professionals who are dedicated to informing the public and providing resources about how to cope with trauma. In collaboration with the National Center for Crisis Management, this page provides detailed information on what to do during and after a traumatic event, including healthy ways to cope with traumatic stress.
- [The National Child Traumatic Stress Network | \(nctsn.org\)](#)
The National Child Traumatic Stress Network
 - The website gathers cumulative information about child trauma (types, treatments, etc). It is updated to the latest events, including documents 'Talking to Children About War' .
- [About Child Trauma | The National Child Traumatic Stress Network \(nctsn.org\)](#)
 - This page gives a refined definition about child trauma, including an overview, signs, and risk factors.

Joblessness/Employment Difficulties

- <https://www.usa.gov/unemployment>
 - USAGov provides resources for those who face employment difficulties to reach out and apply for unemployment benefits, worker's compensation, and welfare for families. This website on their page compiles a list of helpful links and webpages depending on the individual's needs and what situation they may be facing.
- <https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx>
 - Sponsored by the U.S. Department of Labor, CareerOneStop is a website dedicated to compiling resources for careers, education, and professional development. This specific page on their website allows users to find unemployment resources based on what state they live in.

Witnessing a crime (witnessing murdered parent)

- <https://victimconnect.org/learn/types-of-crime/homicide-and-grief/>

- Victim Connect Resource Center hotline: 1-855-4-VICTIM (1-855-484-2846):
- The Victim Connect Resource Center is a nonprofit organization dedicated to looking out for victims' rights and aiding witnesses of victims. This page outlines a comprehensive list of ways to address grief and organizations to reach out to after a homicide.

- Private Facebook Groups - Compassionate Friends

- A list of private Facebook groups offered by Compassionate Friends, where bereaved people (especially parents, siblings, friends) can find support.

NOTE: Highlighted items are ones that I have accumulated some resources for, although they have not been vetted. If you feel that access to that list would help streamline your research, please let me know and I can share those links with you. If you would prefer doing it on your own, simply remove the highlight! Thank you all, I appreciate you! :)

Susan (Reviewed by Alana)

| Topics (corresponding episodes) | Resources Titles and Links | Are you one of... | You will expect to see... | Resources might help you because... |
|---------------------------------|----------------------------|-------------------|---------------------------|-------------------------------------|
| | | | | |

Financial Distress (EP2)

Note: Financial Distress is a dilemma that both companies and individuals might confront. It is the core cause of 'Squid Game' and one of the motives that drive participants to perform violence, return the game, and struggle to win.

Note: I do want to find more websites targeting larger populations instead of one country or region, but I could hardly find any.

- https://aamft.org/Consumer_Updates/Financial_Distress.aspx

The American Association for Marriage and Family Therapy (AAMFT).

- For families, couples encountering mental health issues, joblessness, and parenting problems resulting from financial stress.
- 1. Helps with job seeking, financial management, and mental health issues. 2. Useful LINKS attached at the bottom of the page.
- Financial distress severely influences family life, probably causing depression, alcohol/drug use, panic, etc. The website specifically helps families recognize distress and seek financial help.

- <https://financiallit.org/resources/downloadable-forms-and-worksheets/>
Institute For Financial Literacy.
 - For you to manage incomes and expenditures.
 - Worksheets that help to manage budgets, measure debts, and set financial goals.
Under 'Other resources', there are a bunch of useful docs and website addresses that help to make life more affordable.
 -

- <https://www.mymoney.gov/>
Mymoney.gov
 - For anyone who needs financial managing resources.
 - Click 'LIFE EVENTS' to find appropriate resources targeting specific issues. Click 'TOOLS' to access multiple calculators, budgeting worksheets, and checklists.
 - Mymoney is a US government website consisting of cumulative finance-related resources that provide various aids to all groups of all ages.

- <https://studentaid.gov/h/apply-for-aid/fafsa>
Federal Student Aid
This website provides comprehensive resources about finding financial aid for students.

- <https://www.usa.gov/unemployment>
Unemployment Help page under the USA government website, where we can find links to health coverage, compensation, temporal assistance, etc.

-

Reasons:

- <https://doi.org/10.1016/j.pmedr.2021.101464>.
By using BRFSS (CDC Behavioral Risk Factor Surveillance Survey, 0000), researchers found that people with multimorbidities are more likely to have a household income less than \$15,000. High medical expenses are likely to trigger financial problems as well.
Note: Think about COVID-19, we can figure out how the pandemic has affected people's finances since 2020.
Note: We can find more about unemployment.

Losing a childhood/close friend

Although it is nice to look at case studies, I think having more resources such as crisis lines, grief programs, etc. would be more beneficial to those who have lost a

friend/loved one. Additionally, we could also generalize loss to losing a loved one/anyone. There were many in Squid Game who experienced a loss and there are probably more resources that could help those who have overcome a general loss (not specifically a friend).

- [10.1371/journal.pone.0214838](https://doi.org/10.1371/journal.pone.0214838)

The study shows negative effects on social networks, vitality, physical and mental health, etc. due to bereavement of a close friend. Women tend to suffer emotional problems chronically and severely, and people who are not socially active encounter more harm than those who are.

Data are collected from 26,515 individuals in Australia. Among them, 9,586 participants had experienced the death of at least one close friend.

- <https://newsinhealth.nih.gov/2017/10/coping-grief>

This article from News in Health (HIN) discussed methods to relieve complicated griefs triggered by bereavement. It pointed out the importance of a customized therapy system targeting the complicated grief. Meanwhile, the article encourages addressing the 'prospect of death before the loss happens'.

- <https://doi.org/10.1016/j.socscimed.2013.02.022>

Eligible Participants: young men who experienced the unexpected death of a male friend. (I found the sample tested is quite similar to what happened to Squid Game protagonists).

A case study. Applying photo-elicitation to visualize their feelings after bereavement. They might feel emptiness, sadness, grief, and anger, and are slightly different from women because they will experience tremendous trauma right after the loss, while recovering faster than women do.

- <https://www.healthline.com/>

Healthline

The website contains comprehensive information about both physical and mental health issues.

San Francisco Office: (415) 281-3100

New York Office: (917) 720-4400

<https://www.healthline.com/mental-health>

Mental health subpage under the healthline website. It consists of all kinds of articles about recovering from mental health issues, introductory information, and newsletters.

<https://www.healthline.com/health/mental-health/disenfranchised-grief>

An article focusing specifically on dealing with bereavement of a close friend.

- <https://www.7cups.com/>

7 Cups website

“51,756,812 Conversations

The World's Largest Emotional Support System” — cited from 7 Cups Home Page

- <https://www.7cups.com/qa-grief-33/>
Q & A page for grief
- <https://www.7cups.com/qa-grief-33/how-do-you-or-have-you-gotten-past-losing-your-best-friend-from-childhood-2934/>
Q & A page for “How do you (or have you) gotten past losing your best friend from childhood?”

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Brandon (Reviewed by Morgan)

Physical Violence (EP 1)

Note: Physical Violence is an act that can ultimately affect anyone of any race, gender, sexual orientation, religion. Squid Game episode one sets the precedent for a multitude of physically violent acts that will continue to take place throughout the series.

- National Center for Victims of Crime
 - The National Center for Victims of Crime is a 35 year old nonprofit organization with a plan tailored to fit the needs of those who experience any type of physical violence and also for the families of those victims.
 - Phone- 1-202-467-8700
 - Website- www.victimsofcrime.org
- National Center on Domestic Violence, Trauma & Mental Health
 - The National Center on Domestic Violence, Trauma & Mental Health provides training, support, and consultation to mental health professionals and policymakers in addition to resource education for the general population.
 - Phone- (1-312-726-7020, ext. 2011)
 - Website- www.nationalcenterdvtraumamh.org
- UNC Hospital's Beacon Program
 - <https://www.med.unc.edu/beacon/get-help/child-abuse-resources/>
 - UNC Hospital's Beacon Program lists many resources on their website to aid those affected by all types of abuse. The link attached provides specific resources for those affected by child abuse. The Beacon Program provides comprehensive, coordinated care to the UNC System's patients, families, and employees experiencing a variety of interpersonal abuse

Gun Violence (EP 1)

Note: Gun violence can be emotionally taxing to not just those directly affected by loss, but by even community members and those from afar. Squid Game has a multitude of depictions of gun violence throughout the show, starting from episode 1.

- Everytown Support Fund
 - <https://everytownsupportfund.org/everytown-survivor-network/resources-for-victims-and-survivors-of-gun-violence/finding-help/>
 - The Everytown Support Fund offers basic resources and information on their website to help victims and survivors of gun violence. Please note that the resources listed are not comprehensive and there may be other resources available to you in your community.

Trauma (EP 1)

Note: “Trauma is an emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea.” (APA, 2022) Squid Game depicts many different accounts of trauma provoking situations that may be troublesome to watch for some, viewer discretion is advised.

- Trauma Survivors Network
 - <https://www.traumasurvivorsnetwork.org/pages/home>
 - The Trauma Survivors Network is an online community of patients and survivors looking to connect with one another and rebuild their lives after a serious injury. Trauma Survivors Network’s main goal is to ensure the survivors of trauma a stable recovery and to connect those who share similar stories.

Financial Trouble (EP 1)

Note: Many individuals face financial hardship at some point in their lives and more often than not multiple times within a lifetime. Squid Game’s whole theme is based on the need of money for various societal reasons, and may be hard to watch for those who have or are experiencing financial hardship.

- US Government Financial Assistance Database
 - <https://www.benefits.gov/categories/Financial%20Assistance>
 - The link provided leads to a database which those who are undergoing financial hardship of many different forms can put in specific search criteria to find assistance specific to the state they live in as well as what they need financial assistance for (Loan Repayment, Tax Assistance, Living Assistance, Insurance, etc.)

INFOGRAPHIC LINKS

1. <https://osf.io/6k293> - Self Care after trauma (Ep 1: trauma)

2. <https://osf.io/vge7p> - when to seek professional help after trauma (Ep 4: mass violence)
3. <https://osf.io/cqwdu> - supporting your child after trauma (Ep 1: trauma)
4. <https://osf.io/xgckz> - assembling a natural disaster supplies kit (Ep 1: mass casualty/trauma)
5. <https://osf.io/pf6qb> - prep your phone for a natural disaster (Ep 1: mass casualty/trauma)
6. <https://osf.io/vmxkt> - managing traumatic stress (basic, APA affiliated) (Ep 5: PTSD)
7. <https://osf.io/yv2zm> - Relaxation Infographic, lists basic relaxation techniques (space out)
8. <https://osf.io/pzh7t> - telepsychology (“who can help me” section)
9. <https://osf.io/56jms> - pediatric PTSD infographic: importance, diagnosis, assessment, treatment (Ep 5: PTSD)
10. <https://osf.io/qsa5n> - “How You Can Help Someone With Mental Illness” – tips for ppl to assist friends with mental illnesses (space out)
11. <https://osf.io/2ktuy> - “13 things to say & not to say to someone with depression” (Ep 9: Depression)
12. <https://osf.io/fd6pq> - “Warning signs for suicidal ideation” (Ep 2: suicide)