

# EACH and ALL Hopefully the Hope

**Resource List** up to date as of March 3, 2021.

## In an emergency call 911

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

<https://suicidepreventionlifeline.org/> (chat feature; en Español enlace; deaf and hard of hearing link)

**National Child Abuse Hotline:** 1-800-422-4453. <http://www.childhelp.org/childhelp-hotline/> (multiple languages, text and chat features)

**National Sexual Assault Hotline:** 1-800-656-4673. <https://www.rainn.org/> (chat feature; en Español enlace)

**National Domestic Violence Hotline:** 1-800-799-7233 , 1-800-787-3224 (TTY) or text LOVEIS to 22522. <https://www.thehotline.org/> (chat feature; en Español enlace)

**National Human Trafficking Hotline:** 1-888-373-7888 ( TTY: 711)| Text 233733 <https://humantraffickinghotline.org/> (chat feature; en Español enlace)

**National Runaway and Homeless Youth Hotline:** 1-800-RUNAWAY 1-800-786-2929 or Text: 66008 <https://www.1800runaway.org/>

**Gang Involvement:** If you are in of need support, or trying to leave, we haven't been able to find a USA national hotline. But, often local/regional areas have programs you can reach out to. And while not specific to gangs, there is the Crisis Text Line, and as needed any of the others on or/and indicated by this list.

**National Mental Health and Substance Abuse Hotline:** 1-800-662-HELP (4357)  
Or TTY 1-800-487-4889 (support available in English and en Español)  
<https://www.samhsa.gov/find-help/national-helpline>

**Crisis Text Line:** Text HOME to 741741 <https://www.crisistextline.org/>

There is no way to include all national/regional/local hotlines/weblinks. But for yourself or/and others, if needed and as you safely can, reach out to these or/and other crisis, information, or any other resources available in your area. Medical care, food, shelter, utilities, legal help, resources, advocacy, and so on, are often available. If help is not available in your area, if/as you safely can, reach out to someone. Also, the websites/numbers, and usually others like them, are resources if you are worried about or need information on how to help someone else.



**Local/Regional Crisis or/and Resource Numbers:**

**Local:** \_\_\_\_\_ **Phone number:** \_\_\_\_\_

**Contact:** \_\_\_\_\_ **Website:** \_\_\_\_\_

**Local:** \_\_\_\_\_ **Phone number:** \_\_\_\_\_

**Contact:** \_\_\_\_\_ **Website:** \_\_\_\_\_

**Local:** \_\_\_\_\_ **Phone number:** \_\_\_\_\_

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**Local:** \_\_\_\_\_ **Phone number:** \_\_\_\_\_

**Contact:** \_\_\_\_\_ **Website:** \_\_\_\_\_

**Some possibly helpful apps:**

**PTSD Coach app:** <https://www.mobile.va.gov/app/ptsd-coach>

While developed by the VA this app is for anyone experiencing Post Traumatic Stress, or wanting to know more to help someone they care about.

**WYSA stress app:** Depression & anxiety therapy chatbot app (you can pick the free option)

**Moving forward app:** <https://www.veterantraining.va.gov/movingforward/>

While developed by the VA this app is for anyone coping with stressful problems.

**Woebot Your Self Care Expert app:** <https://woebothealth.com/> helps with multiple everyday stresses and challenges, including symptoms of depression and addiction.

**Helpful apps:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Take the best care of yourself that you can.*

