

Help lines and links

(Current March 21, 2023)

In an emergency call 911

National 988 Suicide and Crisis Lifeline: 988 is a 3-digit code to call or text. Currently call services are in English and en Español, and use Language Line Solutions to provide translation services in over 250 additional languages. Text, and online chat, in English only. TTY: Use your preferred relay service or dial 711 then 988.

Website: <https://988lifeline.org/>

National Child Abuse Hotline: Call or text 1-800-422-4453, multiple languages; online chat in multiple languages. Website: <https://childhelpline.org/>

National Sexual Assault Hotline: 1-800-656-4673 and online chat in English and en Español. Housed in RAINN (Rape, Abuse & Incest National Network) website: <https://www.rainn.org/>

National Domestic Violence Hotline: 1-800-799-7233; TTY: 1-800-787-3224; Text: START to 88788; online chat. Website: <https://www.thehotline.org/>

National Human Trafficking Hotline: 1-888-373-7888; TTY: 711; Text 233733; online chat. All services in English and en Español. Website: <https://humantraffickinghotline.org/>

National Runaway and Homeless Youth Hotline: 1-800-786-2929; online chat and email. Website: <https://www.1800runaway.org/>

Crisis Text Line: Text HOME to 741741; Texto en Español AYUDA al 741741; online chat and WhatsApp. Website: <https://www.crisistextline.org/>

National Mental Health and Substance Abuse Hotline: 1-800-662-4357, TTY: 1-800-487-4889. In English and en Español. Website: <https://www.samhsa.gov/find-help/national-helpline>

Gang Involvement: If you are in of need support, or trying to leave, we haven't been able to find a USA national hotline. There are often local/regional areas that 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.

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

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Local/Regional Crisis or/and Other Numbers:

Local:	Phone:
Contact:	Website:
Local:	Phone:
Contact:	Website:
Local:	Phone:
Contact:	Website:
Local:	Phone:
Contact:	Website:
Local:	Phone:
Contact:	Website:

Information for me or/and about me:

Some possibly helpful apps:

NOTE: Some things to consider when using mental health or/and wellness, apps or/and online services.

- How do they protect my privacy? Are there steps I can take to protect my privacy?
- Are they ethical in their practices?
- What is the benefit/cost/risk of using them?

PTSD Coach: By the Veterans Administration, is for anyone experiencing Post Traumatic Stress or wanting to know more to help someone else. [U.S. Department of Veteran Affairs - PTSD Coach](#)

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

Moving forward: By the Veterans Administration, is for anyone coping with stressful problems. [U.S. Department of Veteran Affairs - Moving Forward](#)

Woebot: Helps with an array, everyday stresses and challenges, symptoms of depression and addiction. [Woebot - Your Self-Care Expert](#)

Mindfulness: Headspace, Insight Timer, Mindfulness Coach, 10% Happier

Other: Provider Resilience, ACT coach, Virtual Hope Box, Well Body Coach, CALMapp

Examples of possible techniques:

NOTE: Not all techniques work for everyone; and even if one works one time, it might not work another time.

SBNRR Mindfulness Practice - this can be modified to your needs and time available:

Stop: Stop what you are doing, take the pause, give yourself space. Use verbal or internal mental cues if you need to.

Breathe: Everyone is different, for some paying attention to your breath and taking a moment to breathe is helpful, for others you might need a different or combined approach, including skipping and going to Notice. For anyone, you might find you need to try different approaches at different times.

Notice: Notice what is going on in your body, thoughts, emotions. You are not judging yourself, just noticing what is going on.

Reflect: Where is this coming from? Why am I feeling this way? Any other curious questions that help clarify the source.

Respond: What is the best way to respond to this and move forward? Again, using whatever questions might help you.

5-4-3-2-1 practice, In your mind, out loud, or written:

- 5 things I can see
- 4 things I can touch
- 3 things I can hear
- 2 things I can smell
- 1 thing I can taste

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SOS Technique, developed by Julian Ford:

- Slow down - slow down or stop, as needed connect to body and let mind clear.
- Orient - pay attention to where you are, what you are doing, who you are with, what's important.
- Self check - how stressed or calm you are in the moment *and* how in control or dysregulated you are.

30 second body scan meditation:

[This 30-Second Exercise Can Reduce Your Anxiety Significantly \(It's True – We've Tried!\)](#)

1. Get comfortable
2. Find your breath
3. Become the observer
4. Notice even more
5. Give yourself permission to relax

Mental – Physical – Soothing Grounding, Healthline: [30 Grounding Techniques to Quiet Distressing Thoughts](#)

A few examples:

Mental: list as many things in a category as you can; list categories by the alphabet; do math and number exercises; go through anchoring facts

Physical: Pick up or touch something; breathing exercise; physical activity; use your 5 senses.

Soothing: picture a face of voice that soothes you; talk yourself kindly through it; list positive things.

Example other techniques

- Do a blend of mindfulness and physical. While stretching, walking, so on: What's the closest/farthest sound I hear? What's the closest/farthest thing I see? What's the loudest/quietest sound? How relaxed/tense? So on.
- Physical movement and empty mind.
 - These stretches may be good for times, like mini breaks: [4 Quick Stretches to Do If You've Been Sitting in the Car for Hours](#)
- Total stillness, physically and mentally.

Things that work for me:

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